

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 29/09/2026

Times for Wednesday 30 September



Time	Session	Facility	Type
9:30 am - 10:15 am	AAA chwaraeron raced / AAA 50+ Racketsports	Neuadd Chwaraeon--Sports Hall	Tennis Session
5:15 pm - 6:00 pm	HIIT	Neuadd Bowlio--Bowls Hall	Strength / Toning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Aqua HIIT / Aqua HIIT	Prif pwll--Main pool	Water Exercise