

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 29/09/2026

Times for Thursday 1 October				
Time	Session	Facility	Type	
9:00 am - 9:45 am	AAA 50+ (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning	
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning	
7:15 pm - 8:00 pm	Barbell Pump	Neuadd Bowlio--Bowls Hall	Strength / Toning	