

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 29/09/2026

Times for Friday 2 October

Time	Session	Facility	Type
10:15 am - 11:15 am	Pêl-rwyd cerdded / Walking Netball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
12:00 pm - 12:45 pm	Pickleball / Pickleball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning