

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 29/09/2026

| Times for Monday 5 October |                         |                                 |                          |  |
|----------------------------|-------------------------|---------------------------------|--------------------------|-------------------------------------------------------------------------------------|
| Time                       | Session                 | Facility                        | Type                     |                                                                                     |
| 11:15 am - 12:00 pm        | Stretch & Tone          | Ystafell cyfarfod--Meeting Room | Strength / Toning        |                                                                                     |
| 2:45 pm - 3:30 pm          | Pickleball / Pickleball | Neuadd Chwaraeon--Sports Hall   | Cardio / Calorie burning |                                                                                     |
| 6:00 pm - 7:00 pm          | Cylchedau / Circuits    | Neuadd Chwaraeon--Sports Hall   | Strength / Toning        |                                                                                     |