

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 01/11/2026

### Times for Monday 2 November



| Time                | Session                         | Facility                        | Type                     |
|---------------------|---------------------------------|---------------------------------|--------------------------|
| 9:15 am - 10:00 am  | Body Blitz                      | Neuadd Chwaraeon--Sports Hall   | Strength / Toning        |
| 10:15 am - 11:00 am | Erobeg yn y D_r / Aqua Aerobics | Prif pwll--Main pool            | Water Exercise           |
| 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        |