

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 01/11/2026

Times for Tuesday 3 November



Time	Session	Facility	Type
9:00 am - 9:45 am	AAA 50+ (Cylched / Circuits)	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 - 12:15 pm	AAA Ioga / AAA Yoga	Neuadd Bowlio--Bowls Hall	Mind Body Training
5:15 pm - 6:00 pm	HIIT / Step	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning