

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 01/11/2026

Times for Thursday 5 November



Time	Session	Facility	Type
9:00 am - 9:45 am	AAA 50+ (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
12:30 pm - 1:15 pm	AAA 50+ (Seiclo Dan Do / Indoor Cycling)	Stiwdio--Studio	Cardio / Calorie burning
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