

rhaglen dosbarth ymarfer corff

Brecon Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 21 September



| Time | Session | Facility | Level |
|--------------------|-----------------------|-----------------------|-------|
| 9:30 am - 10:30 am | Ymestyn y Corff Cyfan | stiwidio 1 | |
| 5:45 pm - 6:45 pm | Dosbarth Pump | stiwidio 2 | |
| 6:00 pm - 7:00 pm | Seiclo dan do | Indoor Cycling Studio | |
| 7:00 pm - 8:00 pm | Ymarfer Cylched | prif neuadd | |