

rhaglen dosbarth ymarfer corff

Brecon Leisure Centre

Accurate as of 27/04/2024

Times for Wednesday 22 September



Time	Session	Facility	Level
6:30 am - 7:30 am	Dosbarth Bootcamp	prif neuadd	
9:30 am - 10:30 am	Seiclo dan do	Indoor Cycling Studio	
5:45 pm - 6:45 pm	Dosbarth Kettlebells	stiwidio 1	
6:00 pm - 7:00 pm	loga	stiwidio 2	
6:15 pm - 7:00 pm	Erobeg yn y D_r	y pwll mawr	