

rhaglen dosbarth ymarfer corff

Brecon Leisure Centre

Accurate as of 22/05/2024

Times for Tuesday 16 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Ymestyn y Corff Cyfan	stiwidio 1	
9:30 am - 10:30 am	Dosbarth BoxFit	stiwidio 2	
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	