

rhaglen dosbarth ymarfer corff

Brecon Leisure Centre

Accurate as of 02/05/2024

Times for Friday 19 April



Time	Session	Facility	Level
6:30 am - 7:30 am	Dosbarth Bootcamp	prif neuadd	
9:30 am - 10:30 am	Coesau, Penolau a Boliau / Legs, Bums and Tums	stiwidio 2	
10:45 am - 11:45 am	loga	stiwidio 2	
11:00 am - 12:00 pm	Dosbarth AAA	Campfa	
6:00 pm - 7:00 pm	Dosbarth Kettlebells	stiwidio 1	