

group exercise programme

Llanidloes Sports Centre

Accurate as of 18/05/2024

| Times for Tuesday 18 July | | | |
|---------------------------|------------|--------------------------------|-------|
| Time | Session | Facility | Level |
| 6:00 pm - 6:45 pm | Vibe Cycle | Neuadd Chwaraeon / Sports Hall | |
| 7:00 pm - 8:00 pm | Aerobics | Neuadd Chwaraeon / Sports Hall | |