# group exercise programme
## Llanidloes Sports Centre

**Accurate as of 12/10/2024**

**Times for Tuesday 25 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 | |