

group exercise programme

Llanidloes Sports Centre

Accurate as of 10/05/2024

Times for Tuesday 19 September			
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	