

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 28/04/2024

### 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	