

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 03/05/2024

### Times for Wednesday 27 September



| Time              | Session     | Facility                       | Level |
|-------------------|-------------|--------------------------------|-------|
| 6:00 pm - 6:45 pm | Vibe Cycle  | Neuadd Chwaraeon / Sports Hall |       |
| 7:00 pm - 7:45 pm | Kettlebells | Neuadd Chwaraeon / Sports Hall |       |