

group exercise programme

Llanidloes Sports Centre

Accurate as of 17/05/2025

Times for Monday 20 November



| Time | Session | Facility | Level |
|-------------------|--------------------|------------------------------|-------|
| 6:30 pm - 7:30 pm | Functional Fitness | Cwrt Sboncen / Squash Courts | |
| 7:00 pm - 8:00 pm | Aqua Aerobics | Pwll Nofio / Swimming Pool | |