

group exercise programme

Llanidloes Sports Centre

Accurate as of 26/04/2024

Times for Wednesday 22 November



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	