

group exercise programme

Llanidloes Sports Centre

Accurate as of 13/05/2024

Times for Wednesday 17 January			
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	