

group exercise programme

Llanidloes Sports Centre

Accurate as of 03/05/2024

Times for Wednesday 18 April



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