

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 01/05/2024

### Times for Thursday 19 July



| Time              | Session             | Facility                       | Level |
|-------------------|---------------------|--------------------------------|-------|
| 9:15 am - 9:45 am | Ignite Conditioning | Neuadd Chwaraeon / Sports Hall |       |
| 6:30 pm - 7:30 pm | Vi-Box              | Neuadd Chwaraeon / Sports Hall |       |