

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 03/05/2024

Times for Thursday 26 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	