## group exercise programme Llanidloes Sports Centre

## Accurate as of 08/05/2024

Times for Friday 28 September			<b>(</b>
Time	Session	Facility	Level
6:00 pm - 6:45 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	
6:15 pm - 7:00 pm	Vibe Power	Neuadd Chwaraeon / Sports Hall	