group exercise programme
Llanidloes Sports Centre

Accurate as of 12/10/2024

Times for Monday 1 October

Time	Session	Facility	Level
6:30 pm - 7:30 pm	Functional Fitness	Cwrt Sboncen / Squash Courts	
7:00 pm - 8:00 pm	Aqua Aerobics	Pwll Nofio / Swimming Pool	