group exercise programme
Llanidloes Sports Centre

Accurate as of 25/04/2024

Times for Thursday 28 February

Time	Session	Facility	Level
9:15 am - 9:45 am	Ignite Conditioning	Neuadd Chwaraeon / Sports Hall	
9:45 am - 10:15 am	Ignite Core	Cwrt Sboncen / Squash Courts	
6:30 pm - 7:30 pm	Vi-Box	Neuadd Chwaraeon / Sports Hall	
7:00 pm - 7:45 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	