

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 10/05/2024

Times for Friday 1 March			
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	