

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 27/04/2024

### Times for Saturday 25 May



| Time               | Session          | Facility                       | Level |
|--------------------|------------------|--------------------------------|-------|
| 9:15 am - 10:00 am | Vibe Cycle       | Neuadd Chwaraeon / Sports Hall |       |
| 9:30 am - 10:30 am | Freedom Bootcamp | Neuadd Chwaraeon / Sports Hall |       |