group exercise programme
Llanidloes Sports Centre

Accurate as of 12/10/2024

Times for Tuesday 23 July

Time	Session	Facility	Level
9:15 am - 9:45 am	Ignite Conditioning	Cwrt Sboncen / Squash Courts	
6:00 pm - 6:45 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	
6:15 pm - 6:45 pm	Ignite Conditioning	Cwrt Sboncen / Squash Courts	
6:45 pm - 7:15 pm	Ignite Core	Cwrt Sboncen / Squash Courts	
7:00 pm - 8:00 pm	Aerobics	Neuadd Chwaraeon / Sports Hall	