

group exercise programme

Llanidloes Sports Centre

Accurate as of 17/05/2025

Times for Wednesday 24 July



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	
6:00 pm - 7:00 pm	Vibe Power	Neuadd Chwaraeon / Sports Hall	
7:00 pm - 7:45 pm	Kettlebells	Neuadd Chwaraeon / Sports Hall	