

group exercise programme

Llanidloes Sports Centre

Accurate as of 05/05/2024

Times for Friday 15 November



Time	Session	Facility	Level
10:15 am - 11:00 am	Aqua Aerobics	Pwll Nofio / Swimming Pool	
6:00 pm - 6:45 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	
6:15 pm - 7:00 pm	Vibe Power	Neuadd Chwaraeon / Sports Hall	