

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 06/05/2024

### Times for Saturday 16 November



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	