

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 20/04/2024

### Times for Wednesday 20 November



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	