

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 26/04/2024

### Times for Thursday 21 November



Time	Session	Facility	Level
9:15 am - 9:45 am	Ignite Conditioning	Neuadd Chwaraeon / Sports Hall	
9:45 am - 10:15 am	Ignite Core	Cwrt Sboncen / Squash Courts	
6:30 pm - 7:30 pm	Vi-Box	Neuadd Chwaraeon / Sports Hall	
7:00 pm - 7:45 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	