

group exercise programme

Llanidloes Sports Centre

Accurate as of 26/04/2024

Times for Saturday 23 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	