

group exercise programme

Llanidloes Sports Centre

Accurate as of 18/05/2024

Times for Tuesday 16 April



Time	Session	Facility	Level
6:00 pm - 6:30 pm	Ignite Conditioning / Ignite Conditioning	Neuadd Chwaraeon / Sports Hall	
6:00 pm - 6:45 pm	Vibe Cycle / Vibe Cycle	Cwrt Sboncen / Squash Courts	
6:30 pm - 7:00 pm	Ignite Core / Ignite Core	Neuadd Chwaraeon / Sports Hall	
6:30 pm - 7:30 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	
7:00 pm - 7:45 pm	Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling	Cwrt Sboncen / Squash Courts	