

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 18/05/2024

### Times for Wednesday 17 April



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Vibe Cycle / Vibe Cycle	Cwrt Sboncen / Squash Courts	
7:00 pm - 8:00 pm	Kettlebells / Kettlebells	Neuadd Chwaraeon / Sports Hall	