group exercise programme Llanidloes Sports Centre

Accurate as of 18/05/2024

| Times for Thursday 18 April | | | • |
|-----------------------------|-------------------------|--------------------------------|-------|
| Time | Session | Facility | Level |
| 6:00 pm - 6:45 pm | Vibe Cycle / Vibe Cycle | Neuadd Chwaraeon / Sports Hall | |