

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 06/05/2024

### Times for Tuesday 23 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   |       |