

exercise class programme

Caereinion Sports Centre

Accurate as of 30/04/2024

Times for Wednesday 28 July



Time	Session	Facility	Type
6:00 pm - 6:45 pm	Kettlebells / Kettlebells	Campfa--Gym	Strength / Toning
7:00 pm - 7:45 pm	Seiclo dan do / Indoor Cycling	Campfa--Gym	Cardio / Calorie burning