exercise class programme Ystradgynlais Sports Centre

Accurate as of 29/04/2024

| Times for Friday 27 November | | | | |
|------------------------------|------------------|-----------------|-------------------------------|--|
| Time | Session | Facility | Туре | |
| 6:30 am - 7:15 am | Freedom Bootcamp | sports hall | Small Group Exercise Sessions | |
| 8:00 am - 8:45 am | Kettlebell Lite | activity studio | Strength / Toning | |