exercise class programme Ystradgynlais Sports Centre

Accurate as of 10/04/2024

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