

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 19/04/2024

### Times for Monday 30 November



Time	Session	Facility	Type
6:30 am - 7:15 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
5:00 pm - 5:45 pm	Kettlebells	activity studio	Strength / Toning
6:00 pm - 6:45 pm	Cylchedau / Circuits	sports hall	Strength / Toning
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise