


exercise class programme

Ystradgynlais Sports Centre

Accurate as of 17/05/2024

Times for Wednesday 2 December				
Time	Session	Facility	Type	
8:45 am - 9:30 am	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise	
6:00 pm - 6:45 pm	Freedom Pump	activity studio	Strength / Toning	