

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 03/05/2024

### 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