

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 17/05/2024

### Times for Thursday 3 December



Time	Session	Facility	Type
12:00 pm - 12:45 pm	Hydroyoga	swimming pool	Water Exercise
5:00 pm - 5:45 pm	Sbinio / Spinning ®	Indoor Cycling Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Metcon	activity studio	Strength / Toning
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise