

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 03/05/2024

### Times for Friday 4 December



| Time              | Session            | Facility              | Type                          |
|-------------------|--------------------|-----------------------|-------------------------------|
| 6:30 am - 7:15 am | Freedom Bootcamp   | sports hall           | Small Group Exercise Sessions |
| 8:00 am - 8:45 am | Sbinio / Spinning® | Indoor Cycling Studio | Cardio / Calorie burning      |
| 9:00 am - 9:45 am | Kettlebell Lite    | activity studio       | Strength / Toning             |