exercise class programme Ystradgynlais Sports Centre

Accurate as of 03/05/2024

| Times for Sunday 6 December | | | | (|
|-----------------------------|--------------------|-------------|--------------------------|----------|
| Time | Session | Facility | Туре | |
| 9:30 am - 10:15 am | Workout of the Day | sports hall | Cardio / Calorie burning | |