

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 23/04/2024

Times for Wednesday 22 September



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	Cardio Strike	sports hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Freedom Pump	activity studio	Strength / Toning
7:15 pm - 8:00 pm	Sbinio / Spinning ®	Indoor Cycling Studio	Cardio / Calorie burning