

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 23/04/2024

### Times for Thursday 23 September



Time	Session	Facility	Type
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