

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 29/04/2024

Times for Monday 15 August



Time	Session	Facility	Type
11:30 am - 12:15 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	sports hall	Specialist Exercise
5:00 pm - 5:45 pm	Kettlebells	activity studio	Strength / Toning
6:00 pm - 6:45 pm	Cylchedau / Circuits	sports hall	Strength / Toning
7:00 pm - 7:45 pm	Core and Glutes	activity studio	Strength / Toning
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise