

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 01/05/2024

Times for Tuesday 16 August



Time	Session	Facility	Type
6:30 am - 7:15 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
5:00 pm - 5:45 pm	Sbinio / Spinning ®	Indoor Cycling Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Clun a Thin/Bums & Tums	activity studio	Strength / Toning
7:00 pm - 7:45 pm	Workout of the Day	activity studio	Cardio / Calorie burning