

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 30/04/2024

Times for Thursday 18 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	Metcon	activity studio	Strength / Toning
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise