## **exercise class programme** Ystradgynlais Sports Centre

## Accurate as of 05/05/2024

Times for Wednesday 24 August				0
Time	Session	Facility	Туре	
8:45 am - 9:30 am	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise	
6:00 pm - 6:45 pm	Freedom Pump	activity studio	Strength / Toning	
6:00 pm - 6:45 pm	Cylchedau / Circuits	sports hall	Strength / Toning	
7:00 pm - 8:00 pm	Pilates	activity studio	Mind Body Training	