

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 03/05/2024

Times for Friday 26 August



Time	Session	Facility	Type
8:00 am - 8:45 am	Kettlebell Lite	activity studio	Strength / Toning
6:30 pm - 7:15 pm	Cylchedau / Circuits	activity studio	Strength / Toning