

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 17/05/2024

| 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 |