

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 26/04/2026

### Times for Sunday 26 April



Time	Session	Facility	Type
8:45 am - 9:30 am	Sbinio / Spinning®	Indoor Cycling Studio	Cardio / Calorie burning
9:00 am - 9:45 am	Workout of the Day	sports hall	Cardio / Calorie burning
9:45 am - 10:30 am	Yoga	activity studio	Mind Body Training