

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 26/04/2026

Times for Monday 27 April



Time	Session	Facility	Type
6:30 am - 7:15 am	HYROX	sports hall	Cardio / Calorie burning
9:15 am - 10:00 am	Functional Fitness	gym	Strength / Toning
9:30 am - 10:15 am	AAA 50+ (Cylched / Circuits)	meeting room	Strength / Toning
10:00 am - 10:45 am	Functional Fitness	gym	Strength / Toning
10:30 am - 11:15 am	AAA 50+ (Cylched / Circuits)	meeting room	Strength / Toning
11:30 am - 12:15 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	meeting room	Specialist Exercise
12:30 pm - 1:30 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	gym	Specialist Exercise
5:00 pm - 5:45 pm	Kettlebells	activity studio	Strength / Toning
5:00 pm - 5:45 pm	Sbinio / Spinning®	Indoor Cycling Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Cylchedau / Circuits	sports hall	Strength / Toning
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	activity studio	Strength / Toning
7:00 pm - 7:45 pm	Strength and Tone	activity studio	Strength / Toning
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise