

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 26/04/2026

Times for Tuesday 28 April



Time	Session	Facility	Type
6:30 am - 7:15 am	Sbinio / Spinning ®	Indoor Cycling Studio	Cardio / Calorie burning
7:30 am - 8:30 am	Yoga	activity studio	Mind Body Training
9:30 am - 10:15 am	Tai chi a myfyrdod / Tai Chi & Meditation	meeting room	Mind Body Training
10:30 am - 11:15 am	Tai chi a myfyrdod / Tai Chi & Meditation	meeting room	Mind Body Training
5:00 pm - 5:45 pm	Les Mills BODYPUMP™	activity studio	Strength / Toning
5:00 pm - 5:45 pm	Sbinio / Spinning ®	Indoor Cycling Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	TRX	activity studio	Strength / Toning
7:00 pm - 7:45 pm	Workout of the Day	activity studio	Cardio / Calorie burning