

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 26/04/2026

Times for Wednesday 29 April



Time	Session	Facility	Type
6:30 am - 7:15 am	HYROX	activity studio	Cardio / Calorie burning
8:45 am - 9:30 am	Erobeg yn y D_r / Aqua Aerobics	swimming pool	Water Exercise
10:00 am - 10:45 am	Functional Fitness	gym	Strength / Toning
5:00 pm - 5:45 pm	HYROX	activity studio	Cardio / Calorie burning
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	Clun a Thin/Bums & Tums	activity studio	Strength / Toning
7:00 pm - 8:00 pm	Pilates	activity studio	Mind Body Training