

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 26/04/2026

Times for Thursday 30 April



Time	Session	Facility	Type
7:00 am - 7:45 am	Les Mills BODYPUMP™	activity studio	Strength / Toning
9:30 am - 10:15 am	AAA 50+ (Cylched / Circuits)	meeting room	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 - 1:15 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	gym	Specialist Exercise
1:30 pm - 2:30 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	meeting room	Specialist Exercise
5:00 pm - 5:45 pm	Sbinio / Spinning®	Indoor Cycling Studio	Cardio / Calorie burning
5:00 pm - 5:45 pm	Vibe Power	activity studio	Strength / Toning
6:00 pm - 6:45 pm	TRX	activity studio	Strength / Toning
7:00 pm - 7:45 pm	Strength and Tone	activity studio	Strength / Toning