

# exercise class programme

## Ystradgynlais Sports Centre

Accurate as of 26/04/2026

### Times for Friday 1 May



| Time              | Session              | Facility              | Type                     |
|-------------------|----------------------|-----------------------|--------------------------|
| 7:15 am - 8:00 am | Sbinio / Spinning®   | Indoor Cycling Studio | Cardio / Calorie burning |
| 8:00 am - 8:45 am | Kettlebell Lite      | activity studio       | Strength / Toning        |
| 1:00 pm - 1:45 pm | Hydroyoga            | swimming pool         | Water Exercise           |
| 6:00 pm - 6:45 pm | Cylchedau / Circuits | activity studio       | Strength / Toning        |