

exercise class programme

Ystradgynlais Sports Centre

Accurate as of 26/04/2026

Times for Saturday 2 May



Time	Session	Facility	Type
9:00 am - 9:45 am	Functional Fitness	gym	Strength / Toning
10:00 am - 10:45 am	Strength & Conditioning	activity studio	Strength / Toning
11:00 am - 12:00 pm	Pilates	activity studio	Mind Body Training