

gym programme

Knighton Sports Centre

Accurate as of 03/05/2024

Times for Tuesday 23 April			
Time	Session	Facility	Level
7:00 am - 12:00 pm	Open Gym	gym	
12:00 pm - 1:00 pm	AAA (Ystafell Ffitrwydd / Gym)	gym	
1:00 pm - 9:00 pm	Open Gym	gym	