

group exercise programme

Llanidloes Sports Centre

Accurate as of 26/04/2024

Times for Tuesday 22 September



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Vibe Cycle	Cwrt Sboncen / Squash Courts	
6:15 pm - 7:15 pm	Ignite Conditioning	Neuadd Chwaraeon / Sports Hall	