## group exercise programme Llanidloes Sports Centre

Accurate as of 20/04/2024

| Times for Wednesday | 23 September            | Facility Level               |       |  |
|---------------------|-------------------------|------------------------------|-------|--|
| Time                | Session                 | Facility                     | Level |  |
| 6:00 pm - 6:45 pm   | Vibe Cycle / Vibe Cycle | Cwrt Sboncen / Squash Courts |       |  |