

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 06/05/2024

Times for Thursday 24 September



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Vibe Cycle / Vibe Cycle	Neuadd Chwaraeon / Sports Hall	
6:30 pm - 7:30 pm	Functional Fitness	Neuadd Chwaraeon / Sports Hall	