

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 02/05/2024

### Times for Tuesday 15 June



Time	Session	Facility	Level
6:00 pm - 6:30 pm	Ignite Conditioning / Ignite Conditioning	Neuadd Chwaraeon / Sports Hall	
6:30 pm - 7:30 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	
7:00 pm - 7:45 pm	Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling	Cwrt Sboncen / Squash Courts	