

# group exercise programme

## Llanidloes Sports Centre

Accurate as of 18/04/2024

### Times for Friday 18 June



Time	Session	Facility	Level
1:00 pm - 1:45 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	
5:45 pm - 6:45 pm	Vibe Power / Vibe Power	Neuadd Chwaraeon / Sports Hall	