

group exercise programme

Llanidloes Sports Centre

Accurate as of 09/05/2024

| Times for Monday 1 April | | | |
|--------------------------|-------------------------|------------------------------|-------|
| Time | Session | Facility | Level |
| 6:00 pm - 6:45 pm | Vibe Cycle / Vibe Cycle | Cwrt Sboncen / Squash Courts | |