

group exercise programme

Llanidloes Sports Centre

Accurate as of 18/09/2026

Times for Friday 18 September



Time	Session	Facility	Level
11:45 am - 12:30 pm	Aqua Aerobics	Pwll Nofio / Swimming Pool	
5:45 pm - 6:45 pm	Vibe Power / Vibe Power	Neuadd Chwaraeon / Sports Hall	