

group exercise programme

Llanidloes Sports Centre

Accurate as of 18/09/2026

Times for Tuesday 22 September



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Vibe Cycle / Vibe Cycle	Cwrt Sboncen / Squash Courts	
6:15 pm - 6:45 pm	Ignite Conditioning / Ignite Conditioning	Neuadd Chwaraeon / Sports Hall	
6:45 pm - 7:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	
6:45 pm - 7:15 pm	Ignite Core / Ignite Core	Neuadd Chwaraeon / Sports Hall	