


gym programme

Ystradgynlais Sports Centre

Accurate as of 17/05/2024

Times for Tuesday 24 November				
Time	Session	Facility	Level	
6:15 am - 8:00 am	Fitness Area Open	gym		
8:00 am - 10:00 am	Fitness Area Open	gym		
10:00 am - 12:00 pm	Fitness Area Open	gym		
12:00 pm - 2:00 pm	Fitness Area Open	gym		
2:00 pm - 4:00 pm	Fitness Area Open	gym		