

# **gym programme**

## **Ystradgynlais Sports Centre**

Accurate as of 20/04/2024

### **Times for Saturday 28 November**



<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
7:30 am - 9:00 am	Fitness Area Open	gym	
11:00 am - 1:00 pm	Fitness Area Open	gym	
1:00 pm - 3:00 pm	Fitness Area Open	gym	