

gym programme

Ystradgynlais Sports Centre

Accurate as of 07/05/2024

| Times for Sunday 29 November | | | |
|------------------------------|-------------------|----------|-------|
| Time | Session | Facility | Level |
| 9:00 am - 11:00 am | Fitness Area Open | gym | |
| 11:00 am - 1:00 pm | Fitness Area Open | gym | |