## **gym programme**Ystradgynlais Sports Centre

## Accurate as of 18/05/2024

Times for Wednesday 2 December			
Time	Session	Facility	Level
6:15 am - 8:00 am	Fitness Area Open	gym	
8:00 am - 10:00 am	Fitness Area Open	gym	
2:00 pm - 4:00 pm	Fitness Area Open	gym	
6:00 pm - 9:00 pm	Fitness Area Open	gym	