


gym programme

Ystradgynlais Sports Centre

Accurate as of 19/05/2024

Times for Saturday 5 December				
Time	Session	Facility	Level	
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		