

# **gym programme**

## **Ystradgynlais Sports Centre**

Accurate as of 06/05/2024

### **Times for Sunday 6 December**



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