gym programme
Ystradgynlais Sports Centre

Accurate as of 12/10/2024

Times for Tuesday 21 September

Time	Session	Facility	Level
6:15 am - 8:00 am	Fitness Area Open	gym	
8:00 am - 10:00 am	Fitness Area Open	gym	
10:00 am - 12:00 pm	Fitness Area Open	gym	
12:00 pm - 2:00 pm	Fitness Area Open	gym	
2:00 pm - 4:00 pm	Fitness Area Open	gym	
3:30 pm - 6:00 pm	Fitness Area Open	gym	
6:00 pm - 9:00 pm	Fitness Area Open	gym	