

gym programme

Ystradgynlais Sports Centre

Accurate as of 18/05/2024

Times for Thursday 23 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 | |
| 4:00 pm - 6:00 pm | Fitness Area Open | gym | |
| 6:00 pm - 9:00 pm | Fitness Area Open | gym | |