gym programme
Ystradgynlais Sports Centre

Accurate as of 12/10/2024

Times for Saturday 25 September

Time	Session	Facility	Level
7:30 am - 9:00 am	Fitness Area Open	gym	
9:00 am - 11:00 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	