

# gym programme

## Ystradgynlais Sports Centre

Accurate as of 24/04/2024

### 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	