gym programme Ystradgynlais Sports Centre

Accurate as of 17/05/2024

| Times for Tuesday 23 April | | | | (|
|----------------------------|-------------------|----------|-------|----------|
| 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 | | |