ymarfer corff mewn gr_p/ group exercise programme

Gwyn Evans Leisure & Activity Centre

Accurate as of 12/10/2024

Times for Tuesday 23 April

Time	Session	Facility	Level
18:45 - 19:15	Coesau, Penolau a Boliau / Legs, Bums and Tums	Stiwdio/ Studio	
19:20 - 20:00	Cylchedau / Circuits	Stiwdio/ Studio	