

ymarfer corff mewn gr_p/ group exercise programme

Gwyn Evans Leisure & Activity Centre

Accurate as of 04/05/2024

Times for Saturday 27 April



Time	Session	Facility	Level
09:30 - 10:15	Les Mills Body Attack/ Les Mills Body Attack	Stiwdio/ Studio	
10:20 - 10:50	Les Mills Core / Les Mills Core	Stiwdio/ Studio	