

ymarfer corff mewn gr_p/ group exercise programme

Gwyn Evans Leisure & Activity Centre

Accurate as of 18/05/2024

Times for Thursday 2 May



Time	Session	Facility	Level
18:00 - 18:45	Les Mills Body Attack/ Les Mills Body Attack	Stiwdio/ Studio	
19:00 - 19:45	Les Mills BodyPump / Les Mills BodyPump	Stiwdio/ Studio	
19:00 - 20:00	Nofio Ffitrwydd i Oedolion / Adult Fit Swim	Pwll Dan Do/ Indoor Pool (25.0m)	