exercise class prorammeLlandrindod Wells Leisure Centre

Accurate as of 28/04/2024

Times for Thursday 21 December				(
Time	Session	Facility	Туре	
7:30 am - 8:30 am	Yoga	Sports Hall	Mind Body Training	
6:00 pm - 7:00 pm	Vibe Cycle	Sports Hall	Cardio / Calorie burning	