

# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 10/05/2024

Times for Thursday 21 December			
Time	Session	Facility	Type
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