## **exercise class proramme** Llandrindod Wells Leisure Centre

## Accurate as of 07/05/2024

Times for Tuesday 20 March				<b>(</b>
Time	Session	Facility	Туре	
5:00 pm - 6:00 pm	Cylchedau / Circuits	Sports Hall	Strength / Toning	
6:00 pm - 7:00 pm	Zumba	Sports Hall	Cardio / Calorie burning	
7:15 pm - 8:00 pm	Pilates Course	Sports Hall	Mind Body Training	
7:15 pm - 8:15 pm	Vibe Cycle	Sports Hall	Cardio / Calorie burning	