

exercise class programme

Llandrindod Wells Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 20 March



Time	Session	Facility	Type
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