

# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 19 June			
Time	Session	Facility	Type
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