

exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 27/04/2024

| Times for Thursday 28 June | | | |
|----------------------------|------------|-------------|--------------------------|
| 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 |