

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 02/05/2024

### Times for Thursday 13 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 |