

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 19/04/2024

### Times for Thursday 28 February



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
8:00 pm - 8:45 pm	Aqua Zumba	Swimming Pool	Water Exercise