


# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 11/05/2024

Times for Tuesday 16 April				
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	