


exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 19/05/2024

| Times for Thursday 18 April | | | |  |
|-----------------------------|------------|---------------|--------------------------|---|
| 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 | |