

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 26/04/2024

### Times for Thursday 22 August



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