## **exercise class proramme**Llandrindod Wells Leisure Centre

## Accurate as of 02/05/2024

Times for Tuesday 21 January			
Time	Session	Facility	Туре
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
7:30 pm - 8:30 pm	Triathlon Club	Swimming Pool	Water Exercise