

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 19/04/2024

### Times for Tuesday 21 January



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
7:30 pm - 8:30 pm	Triathlon Club	Swimming Pool	Water Exercise