

exercise class programme

Llandrindod Wells Leisure Centre

Accurate as of 02/05/2024

Times for Thursday 23 January



| 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 |