

exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 21/05/2024

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	