


# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 15/05/2024

| Times for Tuesday 2 April |                   |          |                          |  |
|---------------------------|-------------------|----------|--------------------------|-------------------------------------------------------------------------------------|
| Time                      | Session           | Facility | Type                     |                                                                                     |
| 7:30 am - 8:00 am         | Yoga              | Gym      | Mind Body Training       |                                                                                     |
| 5:30 pm - 6:15 pm         | Legs, Bums & Tums | Gym      | Strength / Toning        |                                                                                     |
| 6:30 pm - 7:15 pm         | Zumba             | Gym      | Cardio / Calorie burning |                                                                                     |