exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 16/04/2024

Times for Tuesday 15 June

Time	Session	Facility	Type
5:30 pm - 6:15 pm	Legs, Bums & Tums	Gym	Strength / Toning
6:30 pm - 7:15 pm	Zumba	Gym	Cardio / Calorie burning