

exercise class programme

Llandrindod Wells Leisure Centre

Accurate as of 17/09/2021

Times for Thursday 17 June



Time	Session	Facility	Type
7:30 am - 8:00 am	yoga	Gym	mind body training
5:30 pm - 6:00 pm	tabata	Gym	cardio / calorie burning
6:00 pm - 6:45 pm	konga burn	Sports Hall	cardio / calorie burning