

exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 28/08/2026

Times for Tuesday 1 September				
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	