exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 26/11/2026

Times for Tuesday 1 December

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