

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 27/04/2024

### Times for Monday 21 September



Time	Session	Facility	Type
5:30 pm - 6:15 pm	Kettlebells	Gym	Strength / Toning
6:30 pm - 7:15 pm	Spinning®	Gym	Cardio / Calorie burning