exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 18/04/2024

Times for Monday 21 June

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