## **exercise class proramme** Llandrindod Wells Leisure Centre

## Accurate as of 07/07/2025

Times for Wednesday 23 June			
Time	Session	Facility	Туре
5:30 pm - 6:00 pm	нііт	Gym	Strength / Toning
6:15 pm - 7:00 pm	Spinning ®	Gym	Cardio / Calorie burning