

# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 06/07/2025

Times for Monday 26 July			
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