exercise class proramme
Llandrindod Wells Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 28 July

Time	Session	Facility	Type
5:30 pm - 6:00 pm	HIIT	Gym	Strength / Toning
6:15 pm - 7:00 pm	Spinning ®	Gym	Cardio / Calorie burning