

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 03/05/2024

### Times for Wednesday 24 April



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
6:30 pm - 7:15 pm	Aqua Aerobics	Swimming Pool	Water Exercise