

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 30/05/2026

### Times for Monday 1 June



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