

# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 28/08/2026

| Times for Monday 31 August |             |          |                          |
|----------------------------|-------------|----------|--------------------------|
| 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 |