

# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 11/09/2026

| Times for Wednesday 16 September |            |          |                          |  |
|----------------------------------|------------|----------|--------------------------|-------------------------------------------------------------------------------------|
| 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 |                                                                                     |