

exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 27/09/2026

Times for Wednesday 30 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	