exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 26/11/2026

Times for Wednesday 2 December

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