

exercise class programme

Llandrindod Wells Leisure Centre

Accurate as of 17/05/2025

Times for Monday 19 March



| Time | Session | Facility | Type |
|-------------------|-------------|-------------|-------------------|
| 6:00 pm - 7:00 pm | Kettlebells | Sports Hall | Strength / Toning |
| 7:15 pm - 7:45 pm | HIIT | Sports Hall | Strength / Toning |