

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 26/04/2024

### Times for Wednesday 21 March



Time	Session	Facility	Type
5:00 pm - 6:00 pm	Aerobics	Sports Hall	Cardio / Calorie burning
6:00 pm - 7:00 pm	Konga Burn	Sports Hall	Cardio / Calorie burning
7:15 pm - 7:45 pm	Kettlercise Combat MX	Sports Hall	Strength / Toning