

# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 18/05/2024

Times for Wednesday 20 June



Time	Session	Facility	Type
6:00 pm - 7:00 pm	Konga Burn	Sports Hall	Cardio / Calorie burning
7:15 pm - 8:00 pm	Cylchedau / Circuits	Sports Hall	Strength / Toning