## **exercise class proramme**Llandrindod Wells Leisure Centre

## Accurate as of 17/05/2024

Times for Monday 18 February			
Time	Session	Facility	Туре
6:00 pm - 7:00 pm	Kettlebells	Sports Hall	Strength / Toning
7:15 pm - 7:45 pm	HIIT	Sports Hall	Strength / Toning