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

## Accurate as of 19/05/2024

Times for Wednesday 27 February			
Time	Session	Facility	Туре
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