exercise class prorammeLlandrindod Wells Leisure Centre

Accurate as of 12/05/2024

| Times for Monday 15 April | | | |
|---------------------------|-------------|-------------|-------------------|
| 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 |