exercise class proramme
Llandrindod Wells Leisure Centre

Accurate as of 12/10/2024

Times for Monday 22 April

Time	Session	Facility	Type
6:00 pm - 7:00 pm	Kettlebells	Sports Hall	Strength / Toning
7:15 pm - 7:45 pm	HIIT	Sports Hall	Strength / Toning