exercise class prorammeLlandrindod Wells Leisure Centre

Accurate as of 13/05/2024

Times for Monday 19 August				(
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	