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

## Accurate as of 08/05/2024

Times for Monday 16 December				<b>(</b>
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	