

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 26/04/2024

### Times for Monday 20 January



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