# exercise class proramme
## Llandrindod Wells Leisure Centre

**Accurate as of 05/05/2024**

### 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 |