

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 16/05/2024

### Times for Thursday 28 March



Time	Session	Facility	Type
5:30 pm - 6:00 pm	Freedom Bootcamp	Gym	Small Group Exercise Sessions
6:15 pm - 7:00 pm	Konga Burn	Gym	Cardio / Calorie burning
7:00 pm - 7:30 pm	Pilates Fitness	Gym	Strength / Toning
7:30 pm - 8:30 pm	Swimfit	Swimming Pool	Water Exercise