

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 1 April



| Time              | Session     | Facility | Type                     |
|-------------------|-------------|----------|--------------------------|
| 5:30 pm - 6:15 pm | Kettlebells | Gym      | Strength / Toning        |
| 6:30 pm - 7:15 pm | Spinning®   | Gym      | Cardio / Calorie burning |