


# exercise class proramme

## Llandrindod Wells Leisure Centre

Accurate as of 16/05/2024

Times for Wednesday 3 April				
Time	Session	Facility	Type	
5:30 pm - 6:00 pm	HIIT	Gym	Strength / Toning	
6:15 pm - 7:00 pm	Spinning ®	Gym	Cardio / Calorie burning	
6:30 pm - 7:15 pm	Aqua Aerobics	Swimming Pool	Water Exercise	