


exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 15/05/2024

| Times for Thursday 4 April | | | |  |
|----------------------------|------------------|---------------|-------------------------------|-------------------------------------------------------------------------------------|
| 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 | |