

exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 29/07/2026

Times for Thursday 30 July				
Time	Session	Facility	Type	
5:30 pm - 6:15 pm	Konga Burn	Gym	Cardio / Calorie burning	
6:15 pm - 6:45 pm	Pilates Fitness	Gym	Strength / Toning	
7:30 pm - 8:30 pm	Swimfit	Swimming Pool	Water Exercise	