exercise class proramme

Llandrindod Wells Leisure Centre

Accurate as of 26/11/2026

Times for Thursday 26 November

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