

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 26 July



Time	Session	Facility	Type
9:00 am - 10:00 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:00 pm - 6:45 pm	Vibe Cycle	Cwrt Sboncen / Squash Courts	Cardio / Calorie burning