## **exercise class programme**Rhayader Leisure Centre

## Accurate as of 10/05/2024

Times for Tuesday 27 July			
Time	Session	Facility	Туре
11:00 am - 12:00 pm	Vibe Power	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	Cylchedau / Circuits	Neuadd Chwaraeon / Sports Hall	Strength / Toning