

exercise class programme

Rhayader Leisure Centre

Accurate as of 26/04/2024

Times for Monday 2 August



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