

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 27/04/2024

### Times for Tuesday 3 August



Time	Session	Facility	Type
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