exercise class programme Rhayader Leisure Centre

Accurate as of 07/05/2024

| Times for Tuesday 3 August | | | |
|----------------------------|----------------------|--------------------------------|-------------------|
| 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 |