

exercise class programme

Rhayader Leisure Centre

Accurate as of 30/04/2024

Times for Thursday 5 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	Vibe Cycle / Vibe Cycle	Stiwdio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning
7:30 pm - 8:15 pm	Kettlercise	Cwrt Sboncen / Squash Courts	Cardio / Calorie burning