

exercise class programme

Rhayader Leisure Centre

Accurate as of 27/04/2024

Times for Wednesday 29 June



Time	Session	Facility	Type
9:00 am - 10:00 am	AAA Circuits	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
7:15 pm - 8:15 pm	Dawns ffit / Dance Fit	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning