

exercise class programme

Rhayader Leisure Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Type
9:00 am - 10:00 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	Vibe Cycle / Vibe Cycle	Stiwidio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Ymestyn y Corff Cyfan / Pure Stretch	Neuadd Chwaraeon / Sports Hall	Mind Body Training