

exercise class programme

Rhayader Leisure Centre

Accurate as of 19/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Type
11:00 am - 12:00 pm	Vibe Power / Vibe Power	Neuadd Chwaraeon / Sports Hall	Strength / Toning
5:15 pm - 6:00 pm	Walkfit / Walkfit	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Cylchedau / Circuits	Neuadd Chwaraeon / Sports Hall	Strength / Toning
7:15 pm - 8:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio / Swimming Pool	Water Exercise