

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 19/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Type
7:00 am - 7:45 am	Vibe Cycle	Stiwidio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning
9:00 am - 10:00 am	AAA Circuits	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
10:00 am - 11:00 am	AAA (Ystafell Ffitrwydd / Gym)	Campfa / Gym	Strength / Toning
12:15 pm - 1:00 pm	AAA (Gweithgareddau D_r / Aqua)	Pwll nofio	Cardio / Calorie burning
5:15 pm - 6:00 pm	Strength & Conditioning	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	FitSteps / FitSteps	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
7:15 pm - 8:15 pm	Dawns ffit / Dance Fit	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning