

exercise class programme

Rhayader Leisure Centre

Accurate as of 18/05/2024

Times for Saturday 4 May



Time	Session	Facility	Type
9:30 am - 10:15 am	Kettlebells	Neuadd Chwaraeon / Sports Hall	Strength / Toning
10:30 am - 11:15 am	Vibe Cycle	Stiwidio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning