

exercise class programme

Rhayader Leisure Centre

Accurate as of 17/08/2026

Times for Monday 17 August				
Time	Session	Facility	Type	
9:00 am - 10:00 am	AAA 50+ (Cylched / Circuits)	Neuadd Chwaraeon / Sports Hall	Strength / Toning	
6:15 pm - 7:00 pm	Vibe Cycle / Vibe Cycle	Stiwdio 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	