

exercise class programme

Rhayader Leisure Centre

Accurate as of 17/08/2026

Times for Tuesday 18 August				
Time	Session	Facility	Type	
7:00 am - 7:45 am	Vibe Cycle	Stiwdio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning	
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	