exercise class programme

Rhayader Leisure Centre

Accurate as of 15/11/2026

Times for Monday 16 November

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