exercise class programme

Rhayader Leisure Centre

Accurate as of 15/11/2026

Times for Tuesday 17 November

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