exercise class programme

Rhayader Leisure Centre

Accurate as of 15/11/2026

Times for Wednesday 18 November

Time	Session	Facility	Type
9:00 am - 10:00 am	AAA (50+) Circuits	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
10:00 am - 11:00 am	AAA 50+ (Ystafell Ffitrwydd / Gym)	Campfa / Gym	Strength / Toning
5:15 pm - 6:00 pm	Strength & Conditioning	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	FitSteps / FitSteps	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
7:15 pm - 8:15 pm	Dawns ffit / Dance Fit	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning