exercise class programme

Rhayader Leisure Centre

Accurate as of 15/11/2026

Times for Thursday 19 November

Time	Session	Facility	Type
5:30 pm - 6:15 pm	Strength & Conditioning	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:30 pm - 7:15 pm	Vibe Cycle / Vibe Cycle	Stiwdio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning