exercise class programme

Rhayader Leisure Centre

Accurate as of 15/11/2026

Times for Friday 20 November

Time	Session	Facility	Type
9:00 am - 10:00 am	AAA 50+ (Cylched / Circuits)	Neuadd Chwaraeon / Sports Hall	Strength / Toning
11:00 am - 12:00 pm	AAA (50+) Gym Session	Campfa / Gym	Cardio / Calorie burning
12:00 pm - 1:00 pm	AAA (50+) Gym Session	Campfa / Gym	Cardio / Calorie burning