

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 18 September



Time	Session	Facility	Type
6:00 pm - 7:00 pm	Kettlercise HITT	Neuadd Chwaraeon / Sports Hall	Strength / Toning
7:00 pm - 7:45 pm	CIZE	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
8:00 pm - 9:00 pm	Unite	Neuadd Chwaraeon / Sports Hall	Mind Body Training