

exercise class programme

Rhayader Leisure Centre

Accurate as of 27/04/2024

Times for Monday 25 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