

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 06/05/2024

### Times for Thursday 28 September



Time	Session	Facility	Type
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
7:15 pm - 8:00 pm	Legs, Bums & Tums (Cancelled)	Cwrt Sboncen / Squash Courts	Strength / Toning