

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 17/05/2025

### Times for Monday 20 November



| 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 |