

exercise class programme

Rhayader Leisure Centre

Accurate as of 20/04/2024

Times for Thursday 23 November



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	Cwrt Sboncen / Squash Courts	Strength / Toning