

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 05/05/2024

### Times for Thursday 18 January



Time	Session	Facility	Type
6:00 pm - 6:30 pm	Ignite Core	Cwrt Sboncen / Squash Courts	Strength / Toning
6:45 pm - 7:30 pm	Vibe Cycle	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
7:45 pm - 8:15 pm	Ignite Conditioning	Campfa / Gym	Strength / Toning