


exercise class programme

Rhayader Leisure Centre

Accurate as of 18/05/2024

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	