

exercise class programme

Rhayader Leisure Centre

Accurate as of 26/04/2024

Times for Monday 22 January



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