

exercise class programme

Rhayader Leisure Centre

Accurate as of 02/05/2024

| Times for Saturday 21 April | | | |
|-----------------------------|---------|--------------------------------|--------------------------|
| Time | Session | Facility | Type |
| 11:00 am - 2:00 pm | Zumba | Neuadd Chwaraeon / Sports Hall | Cardio / Calorie burning |