exercise class programme Rhayader Leisure Centre

Accurate as of 02/05/2024

Times for Monday 23 July			0
Time	Session	Facility	Туре
6:10 pm - 6:55 pm	Freedom Bootcamp (Cancelled)	Neuadd Chwaraeon / Sports Hall	Small Group Exercise Sessions
7:00 pm - 7:45 pm	CIZE (Cancelled)	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning