exercise class programme

Rhayader Leisure Centre

Accurate as of 12/10/2024

Times for Monday 1 October

Time	Session	Facility	Type
6:10 pm - 6:55 pm	Freedom Bootcamp	Neuadd Chwaraeon / Sports Hall	Small Group Exercise Sessions
7:00 pm - 7:45 pm	CIZE	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning