

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 24/04/2024

### 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