

exercise class programme

Rhayader Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 20 December



Time	Session	Facility	Type
7:30 pm - 8:15 pm	Body Pump Technique	Neuadd Chwaraeon / Sports Hall	Strength / Toning
8:15 pm - 8:45 pm	Kettlercise	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning