

exercise class programme

Rhayader Leisure Centre

Accurate as of 28/04/2024

Times for Monday 18 March



Time	Session	Facility	Type
6:15 pm - 7:00 pm	Body Pump Technique	Neuadd Chwaraeon / Sports Hall	Strength / Toning
8:00 pm - 8:30 pm	Kettlercise	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning