

exercise class programme

Rhayader Leisure Centre

Accurate as of 26/04/2024

Times for Friday 22 March



Time	Session	Facility	Type
5:30 pm - 6:00 pm	Kettlercise	Neuadd Chwaraeon / Sports Hall	Cardio / Calorie burning
6:00 pm - 6:45 pm	Body Pump Technique	Neuadd Chwaraeon / Sports Hall	Strength / Toning