exercise class programmeRhayader Leisure Centre

Accurate as of 05/05/2024

| Times for Friday 22 March | | | |
|---------------------------|---------------------|--------------------------------|--------------------------|
| Time | Session | Facility | Туре |
| 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 |