## exercise class programme Rhayader Leisure Centre

## Accurate as of 13/05/2024

Times for Friday 29 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