

# exercise class programme

## Rhayader Leisure Centre

Accurate as of 12/05/2024

### Times for Thursday 28 March



Time	Session	Facility	Type
3:00 pm - 4:00 pm	Vibe Power / Vibe Power	Neuadd Chwaraeon / Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	Vibe Cycle / Vibe Cycle	Stiwidio Feicio Dan Do / Indoor Cycling Studio	Cardio / Calorie burning