

exercise class programme

Brecon Leisure Centre

Accurate as of 25/04/2024

Times for Monday 21 August



Time	Session	Facility	Type
10:45 am - 11:45 am	AAA	studio 1	Strength / Toning
6:00 pm - 7:00 pm	Pilates	studio 2	Mind Body Training
6:15 pm - 7:00 pm	Aqua Aerobics	main pool	Water Exercise