


# exercise class programme

## Brecon Leisure Centre

Accurate as of 06/05/2024

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	