

exercise class programme

Brecon Leisure Centre

Accurate as of 19/04/2024

Times for Tuesday 22 August



Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
10:00 am - 11:00 am	Stretch & Tone	studio 1	Strength / Toning
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	Strength / Toning