

exercise class programme

Brecon Leisure Centre

Accurate as of 06/05/2024

Times for Thursday 19 October



| Time | Session | Facility | Type |
|---------------------|------------------|-------------|-------------------------------|
| 6:30 am - 7:30 am | Freedom Bootcamp | sports hall | Small Group Exercise Sessions |
| 9:30 am - 10:15 am | Freedom Pump | studio 2 | Strength / Toning |
| 10:45 am - 11:45 am | AAA | studio 1 | Strength / Toning |
| 6:00 pm - 6:45 pm | Freedom Pump | studio 2 | Strength / Toning |
| 7:00 pm - 8:00 pm | Freedom Circuits | sports hall | Strength / Toning |
| 7:15 pm - 8:00 pm | Aqua Aerobics | main pool | Water Exercise |