exercise class programme Brecon Leisure Centre

Accurate as of 19/05/2024

| Times for Tuesday 24 October | | | | (1) |
|------------------------------|--------------------|-------------|-------------------------------|-----|
| Time | Session | Facility | Туре | |
| 6:30 am - 7:30 am | Freedom Bootcamp | sports hall | Small Group Exercise Sessions | |
| 9:30 am - 10:30 am | Pilates | studio 2 | Mind Body Training | |
| 10:00 am - 11:00 am | Stretch & Tone | studio 1 | Strength / Toning | |
| 5:15 pm - 6:00 pm | Freedom Pump | studio 2 | Strength / Toning | |
| 6:00 pm - 6:45 pm | Strength & Stretch | studio 2 | Strength / Toning | |
| 7:00 pm - 8:00 pm | Freedom Circuits | sports hall | Strength / Toning | |