


# exercise class programme

## Brecon Leisure Centre

Accurate as of 14/05/2024

Times for Tuesday 20 March				
Time	Session	Facility	Type	
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	
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	