

exercise class programme

Brecon Leisure Centre

Accurate as of 19/04/2024

Times for Friday 23 March



| Time | Session | Facility | Type |
|---------------------|--------------------|----------|--------------------|
| 10:30 am - 11:15 am | Mummy & Me Kettles | studio 1 | Strength / Toning |
| 11:30 am - 12:30 pm | Yoga | studio 1 | Mind Body Training |