## exercise class programme Brecon Leisure Centre

## Accurate as of 02/05/2024

Times for Friday 23 March			<b>©</b>
Time	Session	Facility	Туре
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