exercise class programme

Brecon Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 29 May

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
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