

# exercise class programme

## Brecon Leisure Centre

Accurate as of 06/05/2024

### Times for Friday 1 June

| 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 |