exercise class programme

Brecon Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 25 July

Time	Session	Facility	Type
10:30 am - 11:15 am	Freedom Pump	studio 2	Strength / Toning
11:15 am - 12:15 pm	AAA	studio 1	Strength / Toning
12:15 pm - 1:00 pm	Aqua Aerobics	main pool	Water Exercise
6:00 pm - 7:00 pm	Kettlebells	studio 1	Strength / Toning
6:15 pm - 7:15 pm	Freedom Step	studio 1	Cardio / Calorie burning
6:30 pm - 7:30 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
7:15 pm - 8:15 pm	Pilates	studio 2	Mind Body Training