exercise class programme

Brecon Leisure Centre

Accurate as of 19/04/2024

Times for Monday 24 September

Time	Session	Facility	Type
9:30 am - 10:15 am	Freedom Pump	studio 2	Strength / Toning
10:30 am - 11:15 am	Strength & Stretch	studio 2	Strength / Toning
10:45 am - 11:45 am	AAA	studio 1	Strength / Toning
5:30 pm - 6:30 pm	Kettlebells	studio 1	Strength / Toning
6:00 pm - 7:00 pm	Pilates	studio 2	Mind Body Training
6:15 pm - 7:00 pm	Aqua Aerobics	main pool	Water Exercise
6:30 pm - 7:30 pm	Boxercise	studio 1	Strength / Toning