

exercise class programme

Brecon Leisure Centre

Accurate as of 06/05/2024

Times for Wednesday 28 November



| 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 |