

# exercise class programme

## Brecon Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 18 January



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