exercise class programme Brecon Leisure Centre

Accurate as of 06/05/2024

| Times for Friday 29 March | | | • |
|---------------------------|--------------------|----------|--------------------|
| Time | Session | Facility | Туре |
| 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 |