

# exercise class programme

## Brecon Leisure Centre

Accurate as of 16/06/2019

### Times for Tuesday 21 May



Time	Session	Facility	Type
9:30 am - 10:30 am	pilates	studio 2	mind body training
10:00 am - 11:00 am	stretch & tone	studio 1	strength / toning
11:30 am - 12:30 pm	pilates	studio 2	mind body training
5:15 pm - 6:00 pm	freedom pump	studio 2	strength / toning
5:30 pm - 6:30 pm	freedom indoor cycling	spin studio	cardio / calorie burning
5:45 pm - 6:30 pm	easyline circuits	gym	strength / toning
6:00 pm - 6:45 pm	strength & stretch	studio 2	strength / toning
7:00 pm - 8:00 pm	freedom circuits	sports hall	strength / toning