

exercise class programme

Brecon Leisure Centre

Accurate as of 25/04/2024

Times for Monday 23 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 |
| 6:15 pm - 7:00 pm | Aqua Aerobics | main pool | Water Exercise |
| 6:30 pm - 7:30 pm | Boxercise | studio 1 | Strength / Toning |
| 8:00 pm - 9:00 pm | Freedom Pump | studio 2 | Strength / Toning |