

exercise class programme

Brecon Leisure Centre

Accurate as of 19/05/2024

| Times for Tuesday 12 November | | | |
|-------------------------------|--------------------|-------------|-------------------------------|
| Time | Session | Facility | Type |
| 6:30 am - 7:30 am | Freedom Bootcamp | sports hall | Small Group Exercise Sessions |
| 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 |
| 6:00 pm - 6:45 pm | Strength & Stretch | studio 2 | Strength / Toning |
| 7:00 pm - 8:00 pm | Freedom Circuits | sports hall | Strength / Toning |