

# exercise class programme

## Brecon Leisure Centre

Accurate as of 06/05/2024

### Times for Friday 15 November



Time	Session	Facility	Type
9:30 am - 10:15 am	WOD	studio 1	Strength / Toning
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