

# exercise class programme

## Brecon Leisure Centre

Accurate as of 28/04/2024

### Times for Wednesday 15 January



| Time                | Session                | Facility    | Type                     |
|---------------------|------------------------|-------------|--------------------------|
| 10:30 am - 11:15 am | Freedom Pump           | studio 2    | Strength / Toning        |
| 11:15 am - 12:15 pm | AAA                    | studio 1    | Strength / Toning        |
| 12:15 pm - 1:00 pm  | Aqua Aerobics          | main pool   | Water Exercise           |
| 6:00 pm - 7:00 pm   | Kettlebells            | studio 1    | Strength / Toning        |
| 6:15 pm - 7:15 pm   | Freedom Step           | studio 1    | Cardio / Calorie burning |
| 6:30 pm - 7:30 pm   | Freedom Indoor Cycling | spin studio | Cardio / Calorie burning |
| 7:15 pm - 8:15 pm   | Pilates                | studio 2    | Mind Body Training       |