


# exercise class programme

## Brecon Leisure Centre

Accurate as of 03/05/2024

Times for Monday 20 January				
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	
6:00 pm - 7:00 pm	Pilates	studio 2	Mind Body Training	
6:15 pm - 7:00 pm	Aqua Aerobics	main pool	Water Exercise	
6:30 pm - 7:30 pm	Boxercise	studio 1	Strength / Toning	
7:00 pm - 8:00 pm	Pilates	studio 2	Mind Body Training	
8:00 pm - 9:00 pm	Freedom Pump	studio 2	Strength / Toning	