exercise class programme
Brecon Leisure Centre

Accurate as of 08/05/2024

Times for Thursday 23 January

Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
9:30 am - 10:15 am	Freedom Pump	studio 2	Strength / Toning
10:45 am - 11:45 am	AAA	studio 1	Strength / Toning
6:00 pm - 6:45 pm	Freedom Pump	studio 2	Strength / Toning
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	Strength / Toning
7:15 pm - 8:00 pm	Aqua Aerobics	main pool	Water Exercise