

exercise class programme

Brecon Leisure Centre

Accurate as of 27/04/2024

Times for Monday 6 April



Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	studio 1	Small Group Exercise Sessions
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