## exercise class programme Brecon Leisure Centre

## Accurate as of 27/04/2024

Times for Friday 10 April				<b>(</b> )
Time	Session	Facility	Туре	
6:30 am - 7:30 am	Freedom Bootcamp	studio 1	Small Group Exercise Sessions	
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	