

# exercise class programme

## Brecon Leisure Centre

Accurate as of 10/04/2024

### Times for Friday 10 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	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