

# exercise class programme

## Brecon Leisure Centre

Accurate as of 01/11/2024

### Times for Tuesday 26 March



Time	Session	Facility	Type
9:30 am - 10:30 am	Strength & Stretch	studio 1	Strength / Toning
9:30 am - 10:30 am	Boxercise	studio 2	Strength / Toning
5:30 pm - 6:30 pm	Freedom Pump	studio 2	Strength / Toning
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	Strength / Toning