


exercise class programme

Brecon Leisure Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May				
Time	Session	Facility	Type	
6:30 am - 7:30 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions	
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning	
9:30 am - 10:30 am	Aerobics	studio 1	Cardio / Calorie burning	
12:15 pm - 1:00 pm	Aqua Aerobics	main pool	Water Exercise	
5:45 pm - 6:45 pm	Kettlebells	studio 1	Strength / Toning	
6:00 pm - 7:00 pm	Yoga	studio 2	Mind Body Training	
6:15 pm - 7:00 pm	Aqua Aerobics	main pool	Water Exercise	