

exercise class programme

Brecon Leisure Centre

Accurate as of 26/04/2024

Times for Tuesday 22 September



Time	Session	Facility	Type
5:45 pm - 6:45 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