


# exercise class programme

## Brecon Leisure Centre

Accurate as of 07/05/2024

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	