

exercise class programme

Brecon Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 23 September			
Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
10:30 am - 11:30 am	Kettlebells	studio 1	Strength / Toning
5:45 pm - 6:45 pm	Kettlebells	studio 1	Strength / Toning