exercise class programme

Brecon Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 24 September

Time	Session	Facility	Type
9:30 am - 10:30 am	Freedom Pump	studio 2	Strength / Toning
5:30 pm - 6:15 pm	Freedom Pump	studio 2	Strength / Toning
5:30 pm - 6:30 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	Strength / Toning
7:00 pm - 8:00 pm	Strength & Stretch	studio 2	Strength / Toning