## exercise class programme Brecon Leisure Centre

## Accurate as of 09/04/2024

Times for Friday 25 September			
Time	Session	Facility	Туре
6:30 am - 7:30 am	Freedom Bootcamp	gym	Small Group Exercise Sessions
9:30 am - 10:30 am	Legs, Bums & Tums	studio 2	Strength / Toning