

exercise class programme

Brecon Leisure Centre

Accurate as of 23/04/2024

Times for Friday 18 June



Time	Session	Facility	Type
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
6:00 pm - 7:00 pm	Kettlebells	studio 1	Strength / Toning