

exercise class programme

Brecon Leisure Centre

Accurate as of 01/05/2024

Times for Wednesday 23 June



Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
10:30 am - 11:30 am	Kettlebells	studio 1	Strength / Toning
5:45 pm - 6:45 pm	Kettlebells	studio 1	Strength / Toning
6:00 pm - 7:00 pm	Yoga	studio 2	Mind Body Training
6:15 pm - 7:00 pm	Aqua Aerobics	main pool	Water Exercise