

exercise class programme

Brecon Leisure Centre

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions
9:30 am - 10:30 am	Legs, Bums & Tums	studio 2	Strength / Toning
10:45 am - 11:45 am	AAA	studio 1	Strength / Toning
11:00 am - 12:00 pm	Strength & Stretch	studio 2	Strength / Toning
5:30 pm - 6:30 pm	Yoga	studio 2	Mind Body Training
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
6:15 pm - 7:15 pm	Boxercise	studio 1	Strength / Toning
6:30 pm - 7:15 pm	Aqua Aerobics	main pool	Water Exercise
6:45 pm - 7:45 pm	Yoga	studio 2	Mind Body Training
7:15 pm - 8:15 pm	WOD	studio 1	Strength / Toning