

# exercise class programme

## Brecon Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 24 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	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
9:30 am - 10:30 am	Aerobics	studio 1	Cardio / Calorie burning
12:15 pm - 1:00 pm	Aqua Aerobics	main pool	Water Exercise
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