

exercise class programme

Brecon Leisure Centre

Accurate as of 04/05/2024

Times for Thursday 25 April



| Time | Session | Facility | Type |
|---------------------|------------------------|-------------|--------------------------|
| 9:30 am - 10:30 am | Freedom Pump | studio 2 | Strength / Toning |
| 10:45 am - 11:45 am | AAA | studio 1 | Strength / Toning |
| 5:30 pm - 6:30 pm | Freedom Indoor Cycling | spin studio | Cardio / Calorie burning |
| 5:45 pm - 6:45 pm | Freedom Pump | studio 2 | Strength / Toning |
| 7:00 pm - 8:00 pm | Freedom Circuits | sports hall | Strength / Toning |
| 7:00 pm - 8:00 pm | Strength & Stretch | studio 2 | Strength / Toning |