


exercise class programme

Brecon Leisure Centre

Accurate as of 18/05/2024

Times for Saturday 27 April				
Time	Session	Facility	Type	
8:00 am - 9:00 am	Freedom Bootcamp	sports hall	Small Group Exercise Sessions	
8:30 am - 9:30 am	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning	
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning	