

# exercise class programme

## Brecon Leisure Centre

Accurate as of 05/05/2024

### Times for Tuesday 30 April



Time	Session	Facility	Type
6:30 am - 7:15 am	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
9:30 am - 10:30 am	Strength & Stretch	studio 1	Strength / Toning
9:30 am - 10:30 am	Boxercise	studio 2	Strength / Toning
5:45 pm - 6:45 pm	Freedom Pump	studio 2	Strength / Toning
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	Strength / Toning