

# exercise class programme

## Brecon Leisure Centre

Accurate as of 18/05/2024

### Times for Friday 3 May



Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	gym	Small Group Exercise Sessions
9:30 am - 10:30 am	Legs, Bums & Tums	studio 2	Strength / Toning
10:45 am - 11:45 am	Yoga	studio 2	Mind Body Training
11:00 am - 12:00 pm	AAA	gym	Strength / Toning
6:00 pm - 7:00 pm	Kettlebells	studio 1	Strength / Toning