

exercise class programme

Brecon Leisure Centre

Accurate as of 18/05/2024

Times for Saturday 4 May



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