

exercise class programme

Brecon Leisure Centre

Accurate as of 23/05/2026

Times for Thursday 28 May



Time	Session	Facility	Type
9:30 am - 10:30 am	Freedom Pump	studio 2	Strength / Toning
10:00 am - 12:00 pm	Pickleball / Pickleball	sports hall	Cardio / Calorie burning
10:30 am - 11:30 am	AAA (50+)	studio 1	Strength / Toning
5:30 pm - 6:15 pm	Freedom Pump	studio 2	Strength / Toning
5:30 pm - 6:30 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
6:30 pm - 7:30 pm	Strength & Stretch	studio 2	Strength / Toning
7:00 pm - 8:00 pm	Freedom ROX	sports hall	Cardio / Calorie burning