

# exercise class programme

## Brecon Leisure Centre

Accurate as of 23/05/2026

### Times for Friday 29 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
10:30 am - 11:30 am	AAA (50+)	gym	Strength / Toning
10:45 am - 11:45 am	Yoga	studio 2	Mind Body Training