

exercise class programme

Brecon Leisure Centre

Accurate as of 21/08/2026

Times for Tuesday 25 August				
Time	Session	Facility	Type	
9:30 am - 10:30 am	Strength & Stretch	studio 1	Strength / Toning	
9:30 am - 10:30 am	Boxercise	studio 2	Strength / Toning	
5:30 pm - 6:30 pm	Les Mills BodyPump / Les Mills BodyPump	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	