

exercise class programme

Brecon Leisure Centre

Accurate as of 21/08/2026

Times for Thursday 27 August				
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	