

exercise class programme

Brecon Leisure Centre

Accurate as of 19/09/2026

Times for Tuesday 22 September

Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom Bootcamp	gym	Small Group Exercise Sessions
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