

exercise class programme

Brecon Leisure Centre

Accurate as of 19/09/2026

Times for Wednesday 23 September



Time	Session	Facility	Type
6:30 am - 7:30 am	Freedom ROX	gym	Cardio / Calorie burning
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
9:30 am - 10:30 am	Aerobics	studio 1	Cardio / Calorie burning
10:30 am - 11:30 am	AAA (50+)	gym	Strength / Toning
10:45 am - 11:45 am	AAA (50+)	studio 1	Strength / Toning
12:15 pm - 1:00 pm	Aqua Aerobics	main pool	Water Exercise
5:45 pm - 6:45 pm	Kettlebells	studio 1	Strength / Toning
6:00 pm - 7:00 pm	Yoga	studio 2	Mind Body Training
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	Cardio / Calorie burning
6:15 pm - 7:00 pm	Aqua Aerobics	main pool	Water Exercise
7:15 pm - 8:00 pm	Ioga / Yoga	studio 2	Mind Body Training