

# exercise class programme

## Brecon Leisure Centre

Accurate as of 19/09/2026

Times for Thursday 24 September



| 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 |