exercise class programme
Freedom Leisure Cinderford

Accurate as of 20/04/2024

Times for Tuesday 8 October

Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning ®	Squash Courts	
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
6:30 pm - 7:30 pm	HIIT	Small Hall	
7:00 pm - 7:45 pm	Spinning ®	Squash Courts	
7:30 pm - 8:30 pm	Aqua Aerobics	Indoor Pool	
7:30 pm - 8:30 pm	Boxing Circuits	Small Hall	