

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 17/05/2025

### Times for Friday 11 October



Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning®	Squash Courts	
6:00 pm - 7:00 pm	Bounce Fit	Sports Hall	
7:15 pm - 8:00 pm	Freedom Circuits	Fitness Suite - Functional Area	