

exercise class programme

Freedom Leisure Cinderford

Accurate as of 27/04/2024

Times for Wednesday 16 October



Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning®	Squash Courts	
10:30 am - 11:30 am	Boxing Circuits	Virtual studio	
6:30 pm - 7:30 pm	Kettlebells	Main Hall	
7:00 pm - 7:45 pm	Spinning®	Squash Courts	
7:00 pm - 8:00 pm	Legs, Bums & Tums	Small Hall	
7:30 pm - 8:15 pm	Freedom Circuits	Gym	