

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 01/05/2024

Times for Friday 18 October			
Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning ®	Squash Courts	
6:00 pm - 7:00 pm	Bounce Fit	Main Hall	
7:15 pm - 8:00 pm	Freedom Circuits	Gym	