

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 16/05/2024

### Times for Wednesday 4 December



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	