exercise class programme
Freedom Leisure Cinderford

Accurate as of 12/10/2024

Times for Friday 6 December

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	