

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 03/05/2024

Times for Monday 9 December

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