

exercise class programme

Freedom Leisure Cinderford

Accurate as of 01/05/2024

Times for Tuesday 7 July



| Time | Session | Facility | Level |
|--------------------|-----------------|---------------|-------|
| 9:30 am - 10:15 am | Spinning ® | Squash Courts | |
| 12:00 pm - 1:00 pm | Aqua Aerobics | Indoor Pool | |
| 6:30 pm - 7:30 pm | HIIT | Small Hall | |
| 7:00 pm - 7:45 pm | Spinning ® | Squash Courts | |
| 7:30 pm - 8:30 pm | Aqua Aerobics | Indoor Pool | |
| 7:30 pm - 8:30 pm | Boxing Circuits | Small Hall | |