

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 16/05/2024

Times for Thursday 9 July			
Time	Session	Facility	Level
10:00 am - 11:00 am	Pilates Fitness	Virtual studio	
11:30 am - 12:30 pm	Aqua Aerobics	Indoor Pool	
6:00 pm - 6:45 pm	Spinning ®	Squash Courts	
7:00 pm - 8:00 pm	Aqua Aerobics	Indoor Pool	
7:00 pm - 8:00 pm	Boxing Circuits	Gym	