

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 04/05/2024

### Times for Monday 13 July



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	