

exercise class programme

Freedom Leisure Cinderford

Accurate as of 19/05/2024

Times for Monday 22 April



| Time | Session | Facility | Level |
|---------------------|-------------------|----------------|-------|
| 10:00 am - 11:00 am | Legs, Bums & Tums | Virtual studio | |
| 11:00 am - 11:45 am | Stretch & Tone | Virtual studio | |
| 6:00 pm - 6:45 pm | Spinning® | Squash Courts | |
| 6:00 pm - 7:00 pm | Boxercise | Gymnasium | |
| 6:00 pm - 7:00 pm | VIRTUAL Yoga | Virtual studio | |