

exercise class programme

Freedom Leisure Cinderford

Accurate as of 20/05/2024

Times for Tuesday 23 April



| Time | Session | Facility | Level |
|--------------------|------------------|----------------|-------|
| 9:30 am - 10:15 am | Spinning ® | Squash Courts | |
| 5:00 pm - 6:00 pm | VIRTUAL Circuits | Virtual studio | |
| 6:00 pm - 7:00 pm | Bounce Fit | Main Hall | |
| 6:15 pm - 7:00 pm | Spinning ® | Squash Courts | |
| 7:00 pm - 8:00 pm | VIRTUAL Circuits | Virtual studio | |