

exercise class programme

Freedom Leisure Cinderford

Accurate as of 07/05/2024

Times for Tuesday 30 April



Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning ®	Squash Courts	
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
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	
7:30 pm - 8:30 pm	Aqua Aerobics	Indoor Pool	