

exercise class programme

Freedom Leisure Cinderford

Accurate as of 07/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
7:10 am - 7:55 am	Spinning®	Squash Courts	
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
6:00 pm - 6:45 pm	Spinning®	Squash Courts	
7:00 pm - 8:00 pm	Legs, Bums & Tums	Small Hall	