

exercise class programme

Freedom Leisure Cinderford

Accurate as of 17/05/2025

Times for Monday 7 October



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	Gymnasium	
7:00 pm - 8:00 pm	Freedom Circuits	Fitness Suite - Functional Area	