

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 17/04/2024

### Times for Tuesday 12 October



Time	Session	Facility	Level
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
6:00 pm - 7:00 pm	Bounce Fit	Main Hall	
6:15 pm - 7:00 pm	Spinning®	Squash Courts	
7:30 pm - 8:30 pm	Aqua Aerobics	Indoor Pool	