## **exercise class programme**Freedom Leisure Cinderford

## Accurate as of 10/04/2024

Times for Wednesday 13 October				<b>(</b>
Time	Session	Facility	Level	
7:10 am - 7:55 am	Spinning ®	Squash Courts		
7:00 pm - 8:00 pm	Legs, Bums & Tums	Small Hall		