

exercise class programme

Freedom Leisure Cinderford

Accurate as of 12/05/2024

Times for Wednesday 27 March



| Time | Session | Facility | Level |
|-------------------|-------------------|---------------|-------|
| 7:10 am - 7:55 am | Spinning® | Squash Courts | |
| 6:00 pm - 6:45 pm | Spinning® | Squash Courts | |
| 7:00 pm - 8:00 pm | Legs, Bums & Tums | Small Hall | |