

exercise class programme

Freedom Leisure Cinderford

Accurate as of 12/05/2024

Times for Thursday 28 March



Time	Session	Facility	Level
10:00 am - 11:00 am	Pilates Fitness	Virtual studio	
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
6:00 pm - 6:45 pm	Spinning ®	Squash Courts	
6:00 pm - 7:00 pm	VIRTUAL Circuits	Virtual studio	
7:00 pm - 8:00 pm	Aqua Aerobics	Indoor Pool	
7:00 pm - 8:00 pm	HIIT	Gym	
7:00 pm - 8:00 pm	VIRTUAL Pump	Virtual studio	