

exercise class programme

Freedom Leisure Cinderford

Accurate as of 28/04/2024

Times for Friday 29 March



Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning ®	Squash Courts	
10:00 am - 11:00 am	VIRTUAL Yoga	Virtual studio	
6:00 pm - 7:00 pm	Freedom Circuits	Virtual studio	
7:00 pm - 8:00 pm	VIRTUAL Daily Burn	Virtual studio	