

exercise class programme

Freedom Leisure Cinderford

Accurate as of 12/05/2024

Times for Saturday 30 March			
Time	Session	Facility	Level
10:00 am - 11:00 am	Boxercise	Small Hall	
11:00 am - 12:00 pm	VIRTUAL Circuits	Virtual studio	
12:00 pm - 1:00 pm	VIRTUAL Pump	Virtual studio	