

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 29/04/2024

### Times for Sunday 31 March



| Time                | Session          | Facility       | Level |
|---------------------|------------------|----------------|-------|
| 9:00 am - 10:00 am  | VIRTUAL Circuits | Virtual studio |       |
| 10:00 am - 11:00 am | HIIT             | Gym            |       |
| 2:00 pm - 3:00 pm   | VIRTUAL Pump     | Virtual studio |       |