

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 13/05/2024

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	