

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 12/05/2024

Times for Monday 1 April			
Time	Session	Facility	Level
10:00 am - 11:00 am	Legs, Bums & Tums	Virtual studio	
11:00 am - 11:45 am	Stretch & Tone	Virtual studio	
6:00 pm - 6:45 pm	Spinning ®	Squash Courts	
6:00 pm - 7:00 pm	Boxercise	Small Hall	
6:00 pm - 7:00 pm	VIRTUAL Yoga	Virtual studio	