

exercise class programme

Freedom Leisure Cinderford

Accurate as of 30/05/2026

Times for Wednesday 3 June



| Time | Session | Facility | Level |
|---------------------|--------------------------------|---------------------------------|-------|
| 9:15 am - 10:00 am | Les Mills BODYPUMP™ | Virtual studio | |
| 10:15 am - 10:45 am | Les Mills SPRINT (16+) | Spin Studio | |
| 11:00 am - 11:45 am | Les Mills Ceremony Class | Fitness Suite - Functional Area | |
| 11:00 am - 11:45 am | Arthritis class | Virtual studio | |
| 12:00 pm - 1:00 pm | Aqua Aerobics | Indoor Pool | |
| 6:00 pm - 6:45 pm | Coach by Colour Indoor Cycling | Spin Studio | |
| 6:15 pm - 7:00 pm | Les Mills Pilates™ | Virtual studio | |
| 7:00 pm - 8:00 pm | Legs, Bums & Tums | Virtual studio | |
| 7:30 pm - 8:15 pm | Les Mills BODYCOMBAT™ | Gymnasium | |