

exercise class programme

Freedom Leisure Cinderford

Accurate as of 29/07/2026

Times for Friday 31 July			
Time	Session	Facility	Level
9:30 am - 10:15 am	Coach by Colour Indoor Cycling	Spin Studio	
10:30 am - 11:15 am	Circuits	Fitness Suite - Functional Area	
11:30 am - 12:15 pm	Pilates Fitness	Virtual studio	