

# exercise class programme

## Freedom Leisure Cinderford

Accurate as of 17/09/2026

### Times for Tuesday 22 September



| Time                | Session                        | Facility       | Level |
|---------------------|--------------------------------|----------------|-------|
| 9:30 am - 10:15 am  | Coach by Colour Indoor Cycling | Spin Studio    |       |
| 10:30 am - 11:15 am | Les Mills BODYPUMP™            | Spin Studio    |       |
| 11:30 am - 12:15 pm | Pilates Fitness                | Virtual studio |       |
| 12:00 pm - 1:00 pm  | Aqua Aerobics                  | Indoor Pool    |       |
| 6:00 pm - 6:45 pm   | Pilates Fitness                | Gymnasium      |       |
| 6:00 pm - 7:00 pm   | Bounce Fit                     | Sports Hall    |       |
| 7:00 pm - 7:30 pm   | Les Mills SPRINT (16+)         | Spin Studio    |       |
| 7:30 pm - 8:30 pm   | Aqua Aerobics                  | Indoor Pool    |       |