exercise class programme
Freedom Leisure Cinderford

Accurate as of 27/11/2026

Times for Monday 23 November

Time	Session	Facility	Level
9:30 am - 10:00 am	Les Mills SPRINT (16+)	Spin Studio	
10:15 am - 11:00 am	Les Mills BODYPUMP™	Virtual studio	
12:00 pm - 12:45 pm	Circuits	Fitness Suite - Functional Area	
1:00 pm - 1:45 pm	Pilates Fitness	Virtual studio	
6:00 pm - 6:45 pm	Coach by Colour Indoor Cycling	Spin Studio	
6:00 pm - 7:00 pm	Boxercise	Gymnasium	
7:00 pm - 7:45 pm	Les Mills Pilates™	Virtual studio	