exercise class programme

Freedom Leisure Cinderford

Accurate as of 27/11/2026

Times for Friday 27 November

Time	Session	Facility	Level
8:00 am - 8:45 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	