exercise class programme
Freedom Leisure Cinderford

Accurate as of 27/11/2026

Times for Tuesday 1 December

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