exercise class programme
Freedom Leisure Cinderford

Accurate as of 27/11/2026

Times for Wednesday 2 December

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	
11:00 am - 11:45 am	Arthritis class	Virtual studio	
11:15 am - 12:00 pm	Les Mills Ceremony Hyrox	Fitness Suite - Functional Area	
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
6:00 pm - 6:45 pm	Coach by Colour Indoor Cycling	Spin Studio	
6:15 pm - 7:00 pm	Les Mills Pilates™	Virtual studio	
7:00 pm - 8:00 pm	Legs, Bums & Tums	Virtual studio	
7:30 pm - 8:15 pm	Les Mills BODYCOMBAT™	Gymnasium	