exercise class programme

Freedom Leisure Cinderford

Accurate as of 27/11/2026

Times for Thursday 3 December

Time	Session	Facility	Level
9:00 am - 9:45 am	Circuits	Fitness Suite - Functional Area	
10:00 am - 11:00 am	Pilates Fitness	Virtual studio	
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool	
12:15 pm - 1:00 pm	Fitness Yoga	Virtual studio	
6:00 pm - 6:45 pm	HIIT	Fitness Suite - Functional Area	
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	Gymnasium	
7:00 pm - 7:45 pm	Les Mills Ceremony Hyrox	Fitness Suite - Functional Area	
7:00 pm - 8:00 pm	Aqua Aerobics	Indoor Pool	