

# exercise class programme

## Freedom Leisure Lydney

Accurate as of 18/05/2024

Times for Wednesday 22 June			
Time	Session	Facility	Level
9:30 am - 10:30 am	Total Body Conditioning	Gym	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Studio	
7:00 pm - 8:00 pm	Pump FX	Studio	