

# exercise class programme

## Freedom Leisure Lydney

Accurate as of 05/05/2024

### Times for Friday 24 June



Time	Session	Facility	Level
9:30 am - 10:15 am	PadFit	Gym	
10:30 am - 11:15 am	Pilates	Studio	
11:15 am - 12:00 pm	Aqua Aerobics	Indoor Pool	
12:00 pm - 12:45 pm	Aqua Aerobics	Indoor Pool	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Studio	