

exercise class programme

Freedom Leisure Lydney

Accurate as of 27/04/2024

Times for Monday 27 June



| Time | Session | Facility | Level |
|---------------------|-------------------------|-------------|-------|
| 9:30 am - 10:30 am | Total Body Conditioning | Gym | |
| 10:30 am - 11:15 am | Strength & Stretch | Gym | |
| 12:00 pm - 12:45 pm | Aqua Aerobics | Indoor Pool | |
| 12:45 pm - 1:30 pm | Aqua Aerobics | Indoor Pool | |
| 6:45 pm - 7:30 pm | HIIT | Studio | |