

# exercise class programme

## Freedom Leisure Lydney

Accurate as of 04/05/2024

Times for Tuesday 28 June			
Time	Session	Facility	Level
11:30 am - 12:15 pm	Cancer Rehab	Studio	
1:00 pm - 2:00 pm	Fitness Pilates	Studio	
6:00 pm - 6:45 pm	Circuits	Studio	
6:15 pm - 7:00 pm	Aqua Aerobics	Indoor Pool	
7:00 pm - 7:45 pm	Pilates	Studio	