

exercise class programme

Freedom Leisure Lydney

Accurate as of 29/04/2024

Times for Friday 1 July				
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		