

# exercise class programme

## Freedom Leisure Lydney

Accurate as of 20/05/2024

### Times for Thursday 25 April



Time	Session	Facility	Level
11:30 am - 12:15 pm	Forever Fit	Studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Studio	
7:00 pm - 8:00 pm	Legs, Bums & Tums	Studio	