

# exercise class programme

## Freedom Leisure Lydney

Accurate as of 06/05/2024

### Times for Monday 29 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Total Body Conditioning	Gym	
10:30 am - 11:15 am	Strength & Stretch	Gym	
11:00 am - 11:45 am	Arthritis class	Studio	
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	