

exercise class programme

Freedom Leisure Lydney

Accurate as of 19/05/2024

Times for Tuesday 30 April			
Time	Session	Facility	Level
7:30 am - 8:15 am	Stretch & Tone	Studio	
9:30 am - 10:30 am	Circuits	Studio	
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	