

# exercise class programme

## Freedom Leisure Lydney

Accurate as of 19/05/2024

| Times for Wednesday 1 May |                         |          |       |
|---------------------------|-------------------------|----------|-------|
| Time                      | Session                 | Facility | Level |
| 9:30 am - 10:30 am        | Total Body Conditioning | Gym      |       |
| 6:00 pm - 6:45 pm         | Freedom Indoor Cycling  | Studio   |       |
| 7:00 pm - 8:00 pm         | Pump FX                 | Studio   |       |