

exercise class programme

Freedom Leisure Newent

Accurate as of 27/04/2024

Times for Thursday 23 September



| Time | Session | Facility | Level |
|-------------------|----------------------|-------------|-------|
| 6:30 pm - 7:30 pm | Cylchedau / Circuits | Gym | |
| 7:00 pm - 8:00 pm | Techno Swim | Indoor Pool | |