

# exercise class programme

## Freedom Leisure Newent

Accurate as of 14/05/2024

Times for Monday 15 August			
Time	Session	Facility	Level
6:00 pm - 7:00 pm	Zumba	Sports Hall	
6:30 pm - 7:30 pm	Cylchedau / Circuits	Gym	
7:00 pm - 8:00 pm	Techno Swim	Indoor Pool	