## **exercise class programme**Freedom Leisure Newent

## Accurate as of 15/05/2024

Times for Thursday 18 August				<b>©</b>
Time	Session	Facility	Level	
6:30 pm - 7:30 pm	Cylchedau / Circuits	Gym		
7:00 pm - 8:00 pm	Techno Swim	Indoor Pool		