

exercise class programme

Freedom Leisure Newent

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
8:30 am - 9:00 am	HIIT	Gym	
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	