

exercise class programme

Freedom Leisure Newent

Accurate as of 19/05/2024

Times for Thursday 2 May			
Time	Session	Facility	Level
9:00 am - 9:45 am	Aqua Aerobics	Indoor Pool	
6:30 pm - 7:30 pm	Cylchedau / Circuits	Gym	
7:00 pm - 8:00 pm	Techno Swim	Indoor Pool	