

myride+ programme

Summerfields Leisure Centre

Accurate as of 25/04/2024

Times for Wednesday 22 September



| Time | Session | Facility | Level |
|---------------------|-------------------------|-------------------|-------|
| 7:30 am - 8:30 am | MyRide Virtual | spin studio | |
| 9:30 am - 10:30 am | Legs, Bums & Tums | dance studio | |
| 9:30 am - 10:30 am | Freedom Indoor Cycling | spin studio | |
| 10:30 am - 11:15 am | Active Plus | dance studio | |
| 10:40 am - 11:25 am | Aqua Aerobics | indoor pool (25m) | |
| 11:00 am - 12:00 pm | MyRide Virtual | spin studio | |
| 11:30 am - 12:15 pm | Pilates | dance studio | |
| 1:00 pm - 2:00 pm | MyRide Virtual | spin studio | |
| 5:00 pm - 6:00 pm | MyRide Virtual | spin studio | |
| 6:00 pm - 7:00 pm | Total Body Conditioning | dance studio | |
| 6:00 pm - 7:00 pm | Zumba | dance studio | |
| 7:00 pm - 8:00 pm | Yoga | dance studio | |
| 8:10 pm - 9:00 pm | MyRide Virtual | spin studio | |