

# myride+ programme

## Summerfields Leisure Centre

Accurate as of 23/04/2024

### Times for Thursday 23 September



Time	Session	Facility	Level
8:45 am - 9:40 am	MyRide Tour	spin studio	
9:30 am - 10:30 am	Zumba	dance studio	beginner
10:30 am - 11:30 am	Freedom Pump	dance studio	
10:30 am - 11:30 am	Yoga	dance studio	
11:30 am - 12:00 pm	Stretch & Tone	dance studio	
12:10 pm - 1:00 pm	MyRide Studio	spin studio	
4:00 pm - 5:00 pm	MyRide Virtual	spin studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	
7:00 pm - 8:00 pm	Yoga	dance studio	all levels