

myride+ programme

Summerfields Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 16 August



| Time | Session | Facility | Level |
|---------------------|-------------------------|-------------------|------------|
| 8:45 am - 9:30 am | MyRide Tour | spin studio | |
| 9:30 am - 10:30 am | Legs, Bums & Tums | dance studio | |
| 10:30 am - 11:30 am | Total Body Conditioning | dance studio | |
| 10:30 am - 11:30 am | Box Fit | dance studio | all levels |
| 11:30 am - 12:30 pm | Stretch & Tone | dance studio | |
| 11:40 am - 12:25 pm | Aqua Aerobics | indoor pool (25m) | |
| 2:10 pm - 3:00 pm | MyRide Tour | spin studio | |
| 5:00 pm - 6:00 pm | MyRide Studio | spin studio | |
| 6:00 pm - 7:00 pm | Legs, Bums & Tums | dance studio | |
| 6:15 pm - 7:00 pm | Freedom Indoor Cycling | spin studio | |
| 7:00 pm - 8:00 pm | Pilates | dance studio | |
| 9:00 pm - 10:00 pm | MyRide Studio | spin studio | |