

myride+ programme

Summerfields Leisure Centre

Accurate as of 25/04/2024

Times for Saturday 20 August



Time	Session	Facility	Level
8:30 am - 9:30 am	Freedom Indoor Cycling	spin studio	
9:30 am - 10:30 am	Freedom Pump	dance studio	
9:30 am - 10:30 am	Total Body Conditioning	dance studio	
10:30 am - 11:30 am	Stretch & Tone	dance studio	