

myride+ programme

Summerfields Leisure Centre

Accurate as of 30/04/2024

Times for Sunday 21 August



Time	Session	Facility	Level
9:00 am - 10:00 am	Zumba	dance studio	
9:15 am - 10:00 am	Aqua Aerobics	indoor pool (25m)	
10:00 am - 11:00 am	Total Body Conditioning	dance studio	