

myride+ programme

Summerfields Leisure Centre

Accurate as of 26/04/2024

Times for Monday 22 August



| Time | Session | Facility | Level |
|---------------------|------------------------|--------------|-------|
| 6:30 am - 7:30 am | MyRide Virtual | spin studio | |
| 9:00 am - 10:00 am | MyRide Virtual | spin studio | |
| 9:30 am - 10:15 am | Pilates | dance studio | |
| 9:30 am - 10:30 am | Freedom Circuits | dance studio | |
| 10:30 am - 11:30 am | Legs, Bums & Tums | dance studio | |
| 10:30 am - 11:30 am | Freedom Indoor Cycling | spin studio | |
| 10:30 am - 11:30 am | Kettlebells | dance studio | |
| 11:30 am - 12:00 pm | Stretch & Tone | dance studio | |
| 1:00 pm - 2:00 pm | MyRide Virtual | spin studio | |
| 5:30 pm - 6:00 pm | Kettlebells | dance studio | |
| 6:00 pm - 7:00 pm | Freedom Circuits | dance studio | |
| 7:00 pm - 7:45 pm | Freedom Indoor Cycling | spin studio | |
| 8:00 pm - 9:00 pm | Yoga | dance studio | |