

# myride+ programme

## Summerfields Leisure Centre

Accurate as of 27/04/2024

### Times for Wednesday 24 August



Time	Session	Facility	Level
7:30 am - 8:30 am	MyRide Virtual	spin studio	
9:30 am - 10:30 am	Legs, Bums & Tums	dance studio	
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	
10:30 am - 11:15 am	Active Plus	dance studio	
10:40 am - 11:25 am	Aqua Aerobics	indoor pool (25m)	
11:00 am - 12:00 pm	MyRide Virtual	spin studio	
11:30 am - 12:15 pm	Pilates	dance studio	
1:00 pm - 2:00 pm	MyRide Virtual	spin studio	
5:00 pm - 6:00 pm	MyRide Virtual	spin studio	
6:00 pm - 7:00 pm	Total Body Conditioning	dance studio	
6:00 pm - 7:00 pm	Zumba	dance studio	
7:00 pm - 8:00 pm	Yoga	dance studio	
7:00 pm - 8:00 pm	Drums Alive	dance studio	
8:10 pm - 9:00 pm	MyRide Virtual	spin studio	