myride+ programme Summerfields Leisure Centre

Accurate as of 16/05/2024

| Times for Saturday 27 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 | |