

# myride+ programme

## Summerfields Leisure Centre

Accurate as of 01/05/2024

### Times for Sunday 28 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	