

# myride+ programme

## Summerfields Leisure Centre

Accurate as of 07/05/2024

### Times for Tuesday 30 April



Time	Session	Facility	Level
6:30 am - 7:30 am	Freedom Indoor Cycling	spin studio	
8:45 am - 9:30 am	MyRide Tour	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 - 11:30 am	Total Body Conditioning	dance studio	
10:30 am - 11:30 am	Box Fit	dance studio	all levels
11:30 am - 12:30 pm	Stretch & Tone	dance studio	
11:40 am - 12:25 pm	Aqua Aerobics	indoor pool (25m)	
12:10 pm - 1:00 pm	MyRide Studio	spin studio	
2:10 pm - 3:00 pm	MyRide Tour	spin studio	
5:00 pm - 6:00 pm	MyRide Studio	spin studio	
6:00 pm - 7:00 pm	Legs, Bums & Tums	dance studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	
7:00 pm - 8:00 pm	Pilates	dance studio	
8:10 pm - 9:00 pm	MyRide Tour	spin studio	
8:30 pm - 9:30 pm	Pole Fitness	dance studio	
9:00 pm - 10:00 pm	MyRide Studio	spin studio	