

# myride+ programme

## Summerfields Leisure Centre

Accurate as of 20/05/2024

### Times for Friday 3 May



Time	Session	Facility	Level
7:30 am - 8:30 am	MyRide Virtual	spin studio	
9:30 am - 10:30 am	Freedom Circuits	gym	
10:00 am - 11:00 am	MyRide Virtual	spin studio	
10:30 am - 11:30 am	Supple Strength	dance studio	
10:30 am - 11:30 am	Kettlebells	dance studio	
11:30 am - 12:15 pm	Aqua Aerobics	indoor pool (25m)	
12:10 pm - 1:00 pm	MyRide Virtual	spin studio	
2:10 pm - 3:00 pm	MyRide Tour	spin studio	
4:00 pm - 5:00 pm	MyRide Virtual	spin studio	
6:00 pm - 7:00 pm	Zumba	dance studio	
8:10 pm - 9:00 pm	MyRide Tour	spin studio	
9:00 pm - 10:00 pm	MyRide Studio	spin studio	