

exercise class programme

Summerfields Leisure Centre

Accurate as of 16/10/2021

Times for Monday 20 September



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	myride virtual	spin studio		
9:30 am - 10:15 am	pilates	dance studio	Molly	
9:30 am - 10:30 am	freedom circuits	dance studio	Serena	
10:30 am - 11:15 am	aqua aerobics	indoor pool (25m)	Becky	
10:30 am - 11:30 am	legs, bums & tums	dance studio	Molly	
10:30 am - 11:30 am	freedom indoor cycling	spin studio	Natalie	
10:30 am - 11:30 am	boxercise	dance studio	Serena	
11:20 am - 11:55 am	myride virtual	spin studio		
11:30 am - 12:15 pm	yoga	dance studio	Becky	
4:00 pm - 5:00 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	Jen	
6:00 pm - 7:00 pm	freedom circuits	dance studio	Serena	
7:00 pm - 8:00 pm	HIIT	dance studio	Jen	
7:15 pm - 8:15 pm	freedom indoor cycling	spin studio	Serena	
8:00 pm - 9:00 pm	stretch & tone	dance studio	Jen	