

exercise class programme

Summerfields Leisure Centre

Accurate as of 29/11/2021

Times for Friday 24 September



Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	freedom indoor cycling	spin studio	Serena	
8:45 am - 9:45 am	myride virtual	spin studio		
9:30 am - 10:15 am	freedom circuits	gym	Serena	
9:30 am - 10:30 am	HIIT	dance studio	Maryann	
10:00 am - 11:00 am	myride virtual	spin studio		
10:30 am - 11:30 am	supple strength	dance studio	Maryann	
10:30 am - 11:30 am	freedom pump	dance studio	Serena	
11:30 am - 12:15 pm	aqua aerobics	indoor pool (25m)	Zara	
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	zumba	dance studio	Cica	
6:00 pm - 7:00 pm	freedom indoor cycling	spin studio	Jen	
9:00 pm - 10:00 pm	myride virtual	spin studio		