

exercise class programme

Summerfields Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 14 October



Time	Session	Facility	Instructor	Level
8:45 am - 9:40 am	MyRide Tour	spin studio	Virtual	
9:30 am - 10:30 am	Zumba	dance studio	Jen	beginner
10:30 am - 11:30 am	Freedom Pump	dance studio	Natalie	
10:30 am - 11:30 am	Yoga	dance studio	Lizzy	
11:30 am - 12:00 pm	Stretch & Tone	dance studio	Natalie	
12:10 pm - 1:00 pm	MyRide Studio	spin studio	Virtual	
4:00 pm - 5:00 pm	MyRide Virtual	spin studio		
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	Natalie	
7:00 pm - 8:00 pm	Yoga	dance studio	Cica	all levels