exercise class programme
Summerfields Leisure Centre

Accurate as of 12/10/2024

Times for Monday 18 October

Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	MyRide Virtual	spin studio		
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 - 11:30 am	Legs, Bums & Tums	dance studio	Molly	
10:30 am - 11:30 am	Freedom Indoor Cycling	spin studio	Natalie	
11:30 am - 12:00 pm	Stretch & Tone	dance studio	Serena	
1:00 pm - 2:00 pm	MyRide Virtual	spin studio		
6:00 pm - 7:00 pm	Freedom Circuits	dance studio	Kelly	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	spin studio	Kelly	
8:00 pm - 9:00 pm	Yoga	dance studio	Jen	