

exercise class programme

Summerfields Leisure Centre

Accurate as of 11/05/2024

Times for Saturday 23 October				
Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	Freedom Indoor Cycling	spin studio	Natalie	
9:30 am - 10:30 am	Freedom Pump	dance studio	Natalie	
10:30 am - 11:30 am	Stretch & Tone	dance studio	Natalie	