exercise class programme
Summerfields Leisure Centre

Accurate as of 20/04/2024

Times for Friday 28 January

Time	Session	Facility	Instructor	Level
7:30 am - 8:30 am	MyRide Virtual	spin studio		
9:30 am - 10:30 am	Freedom Circuits	gym	Serena	
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	Kettlebells	dance studio	Serena	
11:30 am - 12:15 pm	Aqua Aerobics	indoor pool (25m)	Zara	
12:10 pm - 1:00 pm	MyRide Virtual	spin studio	Virtual	
4:00 pm - 5:00 pm	MyRide Virtual	spin studio		
6:00 pm - 7:00 pm	Zumba	dance studio	Cica	
8:10 pm - 9:00 pm	MyRide Tour	spin studio	Virtual	