

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 10/04/2024

Times for Sunday 30 January				
Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Zumba	dance studio	Cica	
9:15 am - 10:00 am	Aqua Aerobics	indoor pool (25m)	Helen	