

exercise class programme

Summerfields Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 18 August



| 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 | |
| 6:00 pm - 7:00 pm | Drums Alive | dance studio | Cica | |
| 7:00 pm - 8:00 pm | Yoga | dance studio | Cica | all levels |