

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 23/04/2024

### Times for Saturday 20 August



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	
9:30 am - 10:30 am	Total Body Conditioning	dance studio	Katie C	
10:30 am - 11:30 am	Stretch & Tone	dance studio	Natalie	