

exercise class programme

Summerfields Leisure Centre

Accurate as of 28/04/2024

Times for Sunday 21 August				
Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Zumba	dance studio	Karina	
9:15 am - 10:00 am	Aqua Aerobics	indoor pool (25m)	Helen	
10:00 am - 11:00 am	Total Body Conditioning	dance studio	Karina	