

exercise class programme

Summerfields Leisure Centre

Accurate as of 16/05/2024

| Times for Sunday 28 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 | |