exercise class programme
Summerfields Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 1 February

Time	Session	Facility	Instructor	Level
7:30 am - 8:30 am	MyRide Virtual	spin studio		
9:30 am - 10:30 am	Legs, Bums & Tums	dance studio	Molly	
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Natalie	
9:30 am - 10:30 am	Drums Alive	dance studio	Cica	all levels
10:30 am - 11:15 am	Active Plus	dance studio	Molly	
10:30 am - 11:30 am	Boxercise	dance studio	Natalie	all levels
10:40 am - 11:25 am	Aqua Aerobics	indoor pool (25m)	Zara	
11:00 am - 12:00 pm	MyRide Virtual	spin studio		
11:30 am - 12:15 pm	Pilates	dance studio	Molly	
1:00 pm - 2:00 pm	MyRide Virtual	spin studio		
2:10 pm - 3:00 pm	MyRide Tour	spin studio		
5:00 pm - 6:00 pm	MyRide Virtual	spin studio		
6:00 pm - 7:00 pm	Total Body Conditioning	dance studio	Natalie	
6:00 pm - 7:00 pm	Zumba	dance studio	Cica	
7:00 pm - 8:00 pm	Yoga	dance studio	Maryann	
7:00 pm - 8:00 pm	Drums Alive	dance studio	Cica	
8:10 pm - 9:00 pm	MyRide Virtual	spin studio		