exercise class programme
Summerfields Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 30 March

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	
2:10 pm - 3:00 pm	MyRide Tour	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
9:00 pm - 10:00 pm	MyRide Tour	spin studio		