

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 05/05/2024

### Times for Monday 29 April



Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	MyRide Virtual	spin studio		
9:00 am - 10:00 am	MyRide Virtual	spin studio		
9:30 am - 10:15 am	Pilates	dance studio	Molly	
9:30 am - 10:30 am	Freedom Circuits	dance studio	Serena	
10:30 am - 11:30 am	Legs, Bums & Tums	dance studio	Molly	
10:30 am - 11:30 am	Freedom Indoor Cycling	spin studio	Natalie	
10:30 am - 11:30 am	Kettlebells	dance studio	Serena	
11:00 am - 11:45 am	Aqua Aerobics	indoor pool (25m)	Helen	all levels
11:30 am - 12:00 pm	Stretch & Tone	dance studio	Serena	
1:00 pm - 2:00 pm	MyRide Virtual	spin studio		
2:00 pm - 3:00 pm	MyRide Tour	spin studio	Virtual	
2:10 pm - 3:00 pm	MyRide Tour	spin studio	Virtual	all levels
5:30 pm - 6:00 pm	Kettlebells	dance studio	Kelly	
5:45 pm - 6:30 pm	Total Body Conditioning	dance studio	Molly	
6:00 pm - 6:30 pm	MyRide Virtual	spin studio	Virtual	
6:00 pm - 7:00 pm	Freedom Circuits	dance studio	Kelly	
6:35 pm - 7:20 pm	Pilates	dance studio	Molly	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	spin studio	Kelly	
7:25 pm - 7:45 pm	Zumba	dance studio	Molly	
8:00 pm - 9:00 pm	Yoga	dance studio	Jen	
8:10 pm - 9:00 pm	MyRide Tour	spin studio	Virtual	all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
8:30 pm - 9:30 pm	Pole Fitness	dance studio		