

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 20/05/2026

### Times for Sunday 24 May



Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	Freedom Indoor Cycling	spin studio	Jen	
9:00 am - 10:00 am	Zumba	dance studio	Karina	
9:30 am - 10:30 am	Pilates	dance studio		
10:00 am - 11:00 am	Total Body Conditioning	dance studio	Karina	
11:00 am - 12:00 pm	MyRide Virtual	spin studio		
1:00 pm - 2:00 pm	MyRide Studio	spin studio		
2:10 pm - 3:00 pm	MyRide Tour	spin studio		
4:00 pm - 5:00 pm	MyRide Virtual	spin studio		