

exercise class programme

Summerfields Leisure Centre

Accurate as of 18/09/2026

Times for Friday 18 September



Time	Session	Facility	Instructor	Level
7:30 am - 8:30 am	MyRide Virtual	spin studio		
9:30 am - 10:30 am	Freedom Circuits	gym	Serena	
9:30 am - 10:30 am	HIIT	dance studio	Jen	
10:00 am - 11:00 am	MyRide Virtual	spin studio		
10:30 am - 11:30 am	Stretch & Tone	dance studio	Cica	
10:30 am - 11:30 am	Kettlebells	dance studio	Serena	
11:30 am - 12:15 pm	Aqua Aerobics	indoor pool (25m)	Zara	
11:30 am - 12:30 pm	Stretch & Tone	dance studio	Jen	
12:10 pm - 1:00 pm	MyRide Virtual	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	Zumba	dance studio	Cica	
8:10 pm - 9:00 pm	MyRide Tour	spin studio	Virtual	
9:00 pm - 10:00 pm	MyRide Studio	spin studio		