

exercise class programme

Summerfields Leisure Centre

Accurate as of 18/09/2026

Times for Tuesday 22 September



Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	Freedom Indoor Cycling	spin studio	Katie	
8:45 am - 9:30 am	MyRide Tour	spin studio		
9:30 am - 10:30 am	Legs, Bums & Tums	dance studio	Natalie	
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Serena	
10:30 am - 11:30 am	Total Body Conditioning	dance studio	Serena	
10:30 am - 11:30 am	Box Fit	dance studio	Natalie	all levels
11:30 am - 12:30 pm	Stretch & Tone	dance studio	Serena	
11:40 am - 12:25 pm	Aqua Aerobics	indoor pool (25m)	Zara	
12:10 pm - 1:00 pm	MyRide Studio	spin studio		
2:10 pm - 3:00 pm	MyRide Tour	spin studio	Virtual	
5:00 pm - 6:00 pm	MyRide Studio	spin studio	Virtual	
5:00 pm - 6:00 pm	Zumba	dance studio		
6:00 pm - 6:45 pm	Freedom Indoor Cycling	spin studio	Louise R	
6:00 pm - 7:00 pm	Legs, Bums & Tums	dance studio	Molly	
6:00 pm - 7:00 pm	Total Body Conditioning	dance studio	Katie C	
7:00 pm - 8:00 pm	Pilates	dance studio	Molly	
8:10 pm - 9:00 pm	MyRide Tour	spin studio	Virtual	
8:30 pm - 9:30 pm	Pole Fitness	dance studio		
9:00 pm - 10:00 pm	MyRide Studio	spin studio	Virtual	