

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 29/09/2026

### Times for Monday 28 September



| 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     |            |
| 9:30 am - 10:30 am  | HIIT                    | dance studio      | Jen        |            |
| 10:30 am - 11:15 am | Aqua Aerobics           | indoor pool (25m) | Jen        | all levels |
| 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     |            |
| 11:30 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        |            |

| Time              | Session      | Facility     | Instructor | Level      |
|-------------------|--------------|--------------|------------|------------|
| 8:10 pm - 9:00 pm | MyRide Tour  | spin studio  | Virtual    | all levels |
| 8:30 pm - 9:30 pm | Pole Fitness | dance studio |            |            |