

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 29/09/2026

### Times for Thursday 1 October



| Time                | Session                 | Facility     | Instructor | Level      |
|---------------------|-------------------------|--------------|------------|------------|
| 8:45 am - 9:40 am   | MyRide Tour             | spin studio  | Virtual    |            |
| 9:30 am - 10:30 am  | Zumba                   | dance studio | Cica       | beginner   |
| 9:30 am - 10:30 am  | Legs, Bums & Tums       | dance studio | Natalie    |            |
| 10:30 am - 11:30 am | Freedom Pump            | dance studio | Natalie    |            |
| 10:30 am - 11:30 am | Yoga                    | dance studio | Cica       |            |
| 11:30 am - 12:00 pm | Stretch & Tone          | dance studio | Natalie    |            |
| 12:10 pm - 1:00 pm  | MyRide Studio           | spin studio  | Virtual    |            |
| 2:10 pm - 3:00 pm   | MyRide Tour             | spin studio  | Virtual    |            |
| 4:00 pm - 5:00 pm   | MyRide Virtual          | spin studio  |            |            |
| 5:45 pm - 6:30 pm   | Total Body Conditioning | dance studio | Molly      |            |
| 6:00 pm - 7:00 pm   | Drums Alive             | dance studio | Cica       |            |
| 6:00 pm - 7:00 pm   | Freedom Indoor Cycling  | spin studio  | Natalie    |            |
| 6:35 pm - 7:20 pm   | Zumba                   | dance studio | Molly      |            |
| 7:00 pm - 8:00 pm   | Yoga                    | dance studio | Cica       | all levels |
| 9:00 pm - 10:00 pm  | MyRide Tour             | spin studio  |            |            |