exercise class programme

Summerfields Leisure Centre

Accurate as of 16/11/2026

Times for Monday 16 November

Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	MyRide Virtual	spin studio		
7:30 am - 8:30 am	MyRide Virtual	spin studio		
8:30 am - 9:30 am	MyRide Virtual	spin studio		
9:30 am - 10:30 am	Freedom Circuits	dance studio	Serena	
9:30 am - 10:30 am	Pilates	dance studio	Various	
9:30 am - 10:30 am	HIIT	dance studio	Jen	
9:30 am - 10:30 am	MyRide Virtual	spin studio		
10:30 am - 11:15 am	Kettlebells	dance studio	Serena	
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	Various	
10:30 am - 11:30 am	Freedom Indoor Cycling	spin studio	Natalie	
11:30 am - 12:30 pm	Stretch & Tone	dance studio	Jen	
11:30 am - 12:30 pm	Chair-Lates	dance studio		
11:30 am - 12:30 pm	MyRide Virtual	spin studio		
12:30 pm - 1:30 pm	MyRide Virtual	spin studio		
1:30 pm - 2:30 pm	MyRide Virtual	spin studio		
4:00 pm - 5:00 pm	MyRide Virtual	spin studio		
5:00 pm - 6:00 pm	MyRide Virtual	spin studio		
5:30 pm - 6:00 pm	Kettlebells	dance studio	Kelly	
5:45 pm - 6:30 pm	Total Body Conditioning	dance studio	Karina	
6:00 pm - 7:00 pm	Freedom Circuits	dance studio	Kelly	

Time	Session	Facility	Instructor	Level
6:00 pm - 7:00 pm	MyRide Virtual	spin studio		
6:30 pm - 7:30 pm	Pilates	dance studio	Karina	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	spin studio	Kelly	
7:30 pm - 8:15 pm	Zumba	dance studio	Various	
7:30 pm - 8:30 pm	Stretch & Tone	dance studio	Karina	
8:00 pm - 9:00 pm	MyRide Virtual	spin studio		
8:30 pm - 9:30 pm	Pole Fitness	dance studio		