exercise class programme

Summerfields Leisure Centre

Accurate as of 16/11/2026

Times for Tuesday 17 November

Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	Freedom Indoor Cycling	spin studio	Katie	
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	Legs, Bums & Tums	dance studio	Natalie	
9:30 am - 10:30 am	Cardio Fit	dance studio	Serena	
9:30 am - 10:30 am	MyRide Virtual	spin studio		
9:30 am - 10:30 am	MyRide Virtual	spin studio		
10:30 am - 11:30 am	Total Body Conditioning	dance studio	Serena	
10:30 am - 11:30 am	Boxing/Combat	dance studio	Natalie	all levels
10:30 am - 11:30 am	Freedom Indoor Cycling	spin studio	Various	
11:30 am - 12:00 pm	Core Fitness	dance studio	Serena	
11:30 am - 12:30 pm	Pilates	dance studio	Various	
11:30 am - 12:30 pm	MyRide Virtual	spin studio		
11:40 am - 12:25 pm	Aqua Aerobics	indoor pool (25m)	Zara	
12:00 pm - 12:30 pm	Stretch & Tone	dance studio	Serena	
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	Zumba	dance studio		
5:00 pm - 6:00 pm	MyRide Virtual	spin studio		
6:00 pm - 6:45 pm	Freedom Indoor Cycling	spin studio	Louise R	

Time	Session	Facility	Instructor	Level
6:00 pm - 7:00 pm	Legs, Bums & Tums	dance studio	Various	
6:00 pm - 7:00 pm	Total Body Conditioning	dance studio	Katie C	
7:00 pm - 7:45 pm	Pilates	dance studio	Various	
7:00 pm - 8:00 pm	Les Mills SHAPES	dance studio		
7:00 pm - 8:00 pm	MyRide Virtual	spin studio		
8:00 pm - 9:00 pm	Yoga	dance studio		
8:00 pm - 9:00 pm	MyRide Virtual	spin studio		
8:30 pm - 9:30 pm	Pole Fitness	dance studio		