exercise class programme
Summerfields Leisure Centre

Accurate as of 16/11/2026

Times for Wednesday 18 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	Legs, Bums & Tums	dance studio	Molly	
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio	Natalie	
9:30 am - 10:30 am	Drums Alive	dance studio	Cica	all levels
10:30 am - 11:30 am	Active Plus	dance studio	Molly	
10:30 am - 11:30 am	Kettlebells	dance studio	Natalie	all levels
10:30 am - 11:30 am	MyRide Virtual	spin studio		
10:40 am - 11:25 am	Aqua Aerobics	indoor pool (25m)	Helen	
11:30 am - 12:15 pm	Pilates	dance studio	Molly	
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		
5:15 pm - 6:00 pm	Body Step	dance studio		
6:00 pm - 7:00 pm	Pilates	dance studio	Various	
6:00 pm - 7:00 pm	Zumba	dance studio	Cica	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	spin studio	Various	
7:00 pm - 8:00 pm	Yoga	dance studio	Various	

Time	Session	Facility	Instructor	Level
7:00 pm - 8:00 pm	Total Body Conditioning	dance studio	Cica	
7:00 pm - 8:00 pm	MyRide Virtual	spin studio		
8:00 pm - 8:45 pm	Aqua Aerobics	indoor pool (25m)	Helen	
8:00 pm - 9:00 pm	MyRide Virtual	spin studio		