exercise class programme

Summerfields Leisure Centre

Accurate as of 16/11/2026

Times for Thursday 19 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 - 10:15 am	Legs, Bums & Tums	dance studio	Natalie	
9:30 am - 10:30 am	Zumba	dance studio	Cica	beginner
9:30 am - 10:30 am	Freedom Indoor Cycling	spin studio		
10:30 am - 11:30 am	Freedom Pump	dance studio	Natalie	
10:30 am - 11:30 am	Yoga	dance studio	Cica	
10:30 am - 11:30 am	MyRide Virtual	spin studio		
11:30 am - 12:00 pm	Stretch & Tone	dance studio	Natalie	
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		
5:45 pm - 6:45 pm	Drums Alive	dance studio	Cica	
5:45 pm - 6:45 pm	Total Body Conditioning	dance studio	Molly	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	spin studio	Various	
6:45 pm - 7:30 pm	Zumba	dance studio	Molly	
6:45 pm - 8:00 pm	Yoga	dance studio	Cica	all levels
7:00 pm - 8:00 pm	MyRide Virtual	spin studio		

Time	Session	Facility	Instructor	Level
8:00 pm - 9:00 pm	MyRide Virtual	spin studio		
9:00 pm - 10:00 pm	MyRide Tour	spin studio		