exercise class programme
Summerfields Leisure Centre

Accurate as of 16/11/2026

Times for Friday 20 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	gym	Serena	
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 - 11:30 am	Stretch & Tone	dance studio	Cica	
10:30 am - 11:30 am	Freedom Indoor Cycling	spin studio	Jen	
11:30 am - 12:15 pm	Aqua Aerobics	indoor pool (25m)	Zara	
11:30 am - 12:30 pm	Stretch & Tone	dance studio	Jen	
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		
6:00 pm - 7:00 pm	Zumba	dance studio	Cica	
6:00 pm - 7:00 pm	MyRide Virtual	spin studio		
7:00 pm - 8:00 pm	MyRide Virtual	spin studio		
8:00 pm - 9:00 pm	MyRide Virtual	spin studio		