exercise class programme

Summerfields Leisure Centre

Accurate as of 16/11/2026

Times for Sunday 22 November

Time	Session	Facility	Instructor	Level
7:30 am - 8:30 am	MyRide Virtual	spin studio		
8:30 am - 9:30 am	Freedom Indoor Cycling	spin studio	Jen	
9:00 am - 10:00 am	Zumba	dance studio	Karina	
9:15 am - 10:00 am	Aqua Aerobics	indoor pool (25m)	Various	
9:30 am - 10:30 am	Pilates	dance studio		
9:30 am - 10:30 am	MyRide Virtual	spin studio		
10:00 am - 11:00 am	Total Body Conditioning	dance studio	Karina	
10:30 am - 11:00 am	Stretch & Tone	dance studio		
10:30 am - 11:30 am	MyRide Virtual	spin 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		