

exercise class programme

Summerfields Leisure Centre

Accurate as of 30/04/2024

Times for Wednesday 18 September



Time	Session	Facility	Instructor	Level
9:35 am - 10:30 am	Legs, Bums & Tums	dance studio	Lynne	all levels
10:45 am - 11:30 am	Aqua Aerobics	indoor pool (25m)	Katie	intermediate / advanced
11:15 am - 12:00 pm	Easyline Exercise	dance studio	Lynne	beginner / intermediate
12:00 pm - 12:45 pm	Pilates	dance studio	Lynne	beginner / intermediate
8:15 pm - 9:00 pm	Aqua Aerobics	indoor pool (25m)	Serena	intermediate / advanced