

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 29/04/2024

### Times for Saturday 30 March



Time	Session	Facility	Instructor	Level
7:30 am - 8:30 am	MyRide Tour	spin studio		
8:30 am - 9:30 am	Freedom Indoor Cycling	spin studio	Natalie	
9:30 am - 10:30 am	Freedom Pump	dance studio	Natalie	
9:30 am - 10:30 am	Total Body Conditioning	dance studio	Katie C	
10:30 am - 11:30 am	Stretch & Tone	dance studio	Natalie	
12:10 pm - 1:00 pm	MyRide Tour	spin studio	Virtual	
1:10 pm - 2:00 pm	MyRide Studio	spin studio	Virtual	
4:00 pm - 5:00 pm	MyRide Tour	spin studio		