

exercise class programme

Summerfields Leisure Centre

Accurate as of 28/04/2024

Times for Tuesday 17 September



Time	Session	Facility	Instructor	Level
9:35 am - 10:20 am	Drums Alive	dance studio		all levels
11:30 am - 12:15 pm	Aqua Aerobics	indoor pool (25m)	Katie	
6:00 pm - 6:45 pm	HIIT	dance studio	Kelly	intermediate / advanced
6:00 pm - 7:00 pm	Zumba	dance studio	Daisy	all levels
7:00 pm - 8:00 pm	Freedom Pump	dance studio	Katie	all levels
8:15 pm - 9:00 pm	Aqua Aerobics	indoor pool (25m)	Katie	all levels