

# exercise class programme

## Summerfields Leisure Centre

Accurate as of 10/04/2024

Times for Friday 20 September				
Time	Session	Facility	Instructor	Level
11:30 am - 12:15 pm	Pilates	dance studio	Katie	beginner / intermediate
12:25 pm - 1:10 pm	Aqua Aerobics	indoor pool (25m)	Katie	intermediate / advanced