

exercise class programme

Summerfields Leisure Centre

Accurate as of 30/04/2024

Times for Saturday 21 September				
Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	MyRide Live	spin studio	Serena	all levels
10:30 am - 11:30 am	Total Body Conditioning	dance studio	Mel	all levels