

exercise class programme

Summerfields Leisure Centre

Accurate as of 17/05/2024

Times for Monday 17 February				
Time	Session	Facility	Instructor	Level
9:35 am - 10:30 am	Active Plus	dance studio	Lynne	50+
10:30 am - 11:15 am	Aqua Aerobics	indoor pool (25m)	Serena	all levels
11:20 am - 12:05 pm	Pilates	dance studio	Katie	all levels