

exercise class programme

Summerfields Leisure Centre

Accurate as of 23/04/2024

Times for Wednesday 19 February



Time	Session	Facility	Instructor	Level
8:00 pm - 9:00 pm	Yoga	dance studio		all levels
8:15 pm - 9:00 pm	Aqua Aerobics	indoor pool (25m)	Serena	intermediate / advanced