

exercise class programme

Summerfields Leisure Centre

Accurate as of 07/05/2024

Times for Thursday 20 February



Time	Session	Facility	Instructor	Level
6:15 am - 7:15 am	Freedom Indoor Cycling	spin studio	Serena	beginner / intermediate
10:30 am - 11:30 am	Freedom Circuits	gym		all levels
11:30 am - 12:30 pm	Pilates	dance studio	Lynne	all levels