

exercise class programme

Summerfields Leisure Centre

Accurate as of 20/04/2024

Times for Sunday 1 March



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Aqua Aerobics	indoor pool (25m)	Jen	all levels
9:00 am - 10:00 am	MyRide Studio	spin studio	Jen	
10:00 am - 11:00 am	Freedom Indoor Cycling	spin studio	Jen	all levels