

exercise class programme

Summerfields Leisure Centre

Accurate as of 23/04/2024

Times for Saturday 20 April



| Time | Session | Facility | Instructor | Level |
|---------------------|-------------------------|--------------|------------|-------|
| 7:30 am - 8:30 am | MyRide Tour | spin studio | | |
| 8:30 am - 9:30 am | Freedom Indoor Cycling | spin studio | Natalie | |
| 9:30 am - 10:30 am | Freedom Pump | dance studio | Natalie | |
| 9:30 am - 10:30 am | Total Body Conditioning | dance studio | Katie C | |
| 10:30 am - 11:30 am | Stretch & Tone | dance studio | Natalie | |
| 12:10 pm - 1:00 pm | MyRide Tour | spin studio | Virtual | |
| 1:10 pm - 2:00 pm | MyRide Studio | spin studio | Virtual | |
| 4:00 pm - 5:00 pm | MyRide Tour | spin studio | | |