Dovedale exercise class timetable Dovedale Sports Centre

Accurate as of 09/05/2025

| Times for Monday 3 April | | | | 0 |
|--------------------------|--------------|-------------|------------|----------|
| Time | Session | Facility | Instructor | Туре |
| 18:15 - 19:00 | Body Pump 45 | Studio | Tash | Strength |
| 19:00 - 20:00 | Circuits | Sports Hall | Derek | Cardio |