

# exercise class programme

## Sport Dyson Perrins Leisure Centre

Accurate as of 20/04/2026

### Times for Tuesday 21 April



Time	Session	Facility	Level
5:30 pm - 6:00 pm	Ladies Who Lift	studio	
6:00 pm - 7:00 pm	Pilates	studio	all levels
6:00 pm - 7:00 pm	Walking Netball	sports hall	
7:00 pm - 8:00 pm	Total Body Conditioning	studio	all levels