

# exercise class programme

## Sport Dyson Perrins Leisure Centre

Accurate as of 20/04/2026

### Times for Thursday 23 April



| Time              | Session | Facility | Level      |
|-------------------|---------|----------|------------|
| 6:00 pm - 6:30 pm | Metafit | studio   | all levels |
| 6:30 pm - 7:30 pm | Yoga    | studio   | all levels |