

exercise class programme

Sport Dyson Perrins Leisure Centre

Accurate as of 08/09/2026

Times for Monday 14 September				
Time	Session	Facility	Level	
6:00 pm - 7:00 pm	Boxing Circuits	studio		
6:00 pm - 7:00 pm	Football	sports hall		
7:00 pm - 8:00 pm	Zumba	studio	all levels	