

# exercise class programme

## Sport Dyson Perrins Leisure Centre

Accurate as of 06/10/2026

Times for Monday 12 October



| Time              | Session              | Facility    | Level      |
|-------------------|----------------------|-------------|------------|
| 4:45 pm - 5:45 pm | Junior Circuit Class | studio      |            |
| 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 |