exercise class programme

Sport Dyson Perrins Leisure Centre

Accurate as of 03/11/2026

Times for Tuesday 3 November

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