# exercise class programme

## Sport Dyson Perrins Leisure Centre

**Accurate as of 04/11/2026**

### Times for Tuesday 10 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 |