exercise class programme

Sport Dyson Perrins Leisure Centre

Accurate as of 17/11/2026

Times for Monday 23 November

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