## exercise class programme Wirksworth Leisure Centre

## Accurate as of 18/05/2024

Times for Friday 26 April				<b>(</b> )
Time	Session	Facility	Level	
7:30 am - 8:00 am	Metafit	Sports Hall	intermediate / advanced	
8:00 am - 8:45 am	Pilates Fitness	Studio	all levels	
9:00 am - 9:45 am	Gentle Aerobics	Studio	beginner / intermediate	
5:30 pm - 6:30 pm	Freedom Circuits	Sports Hall	all levels	