

exercise class programme

Wirksworth Leisure Centre

Accurate as of 06/05/2024

Times for Monday 29 April



| Time | Session | Facility | Level |
|-------------------|-----------------|----------|------------|
| 7:30 am - 8:00 am | Metafit | Studio | all levels |
| 8:00 am - 8:45 am | Pilates | Studio | all levels |
| 9:00 am - 9:45 am | Step and Tone | Studio | all levels |
| 2:00 pm - 3:00 pm | Active for Life | Studio | all levels |
| 4:30 pm - 5:00 pm | Kettlebells | Studio | all levels |
| 5:00 pm - 5:45 pm | Stretch & Core | Studio | all levels |
| 5:45 pm - 6:15 pm | Kettlebells | Studio | all levels |
| 6:15 pm - 7:00 pm | Stretch & Core | Studio | all levels |
| 7:00 pm - 8:00 pm | Yoga | Studio | all levels |