

# exercise class programme

## Wirksworth Leisure Centre

Accurate as of 06/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Level
7:30 am - 8:30 am	Metafit & Stretch	Studio	all levels
9:30 am - 10:30 am	Zumba Gold	Sports Hall	beginner
10:30 am - 11:30 am	Yoga	Studio	all levels
6:30 pm - 7:15 pm	Zumba	Sports Hall	all levels
7:30 pm - 8:30 pm	Yoga	Studio	all levels