

exercise class programme

Wirksworth Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 2 May



Time	Session	Facility	Level
7:30 am - 8:30 am	Pilates	Studio	all levels
10:00 am - 11:00 am	Low Impact Fitness	Studio	beginner / intermediate
11:00 am - 12:00 pm	Chair Based Fitness	Studio	beginner
6:00 pm - 6:30 pm	Metafit	Sports Hall	all levels
6:30 pm - 7:15 pm	Step and Tone	Sports Hall	all levels