

exercise class programme

Wirksworth Leisure Centre

Accurate as of 22/06/2026

Times for Thursday 25 June



| Time | Session | Facility | Level |
|---------------------|----------|----------|-------------------------|
| 8:00 am - 8:45 am | HIIT | Studio | all levels |
| 8:45 am - 9:30 am | Pilates | Studio | beginner |
| 10:00 am - 11:00 am | Circuits | Studio | beginner / intermediate |