

# exercise class programme

## Wirksworth Leisure Centre

Accurate as of 22/06/2026

### Times for Friday 26 June



Time	Session	Facility	Level
7:30 am - 8:00 am	Metafit	Studio	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
6:30 pm - 7:30 pm	Yoga Gentle	Studio	beginner