

exercise class programme

Wirksworth Leisure Centre

Accurate as of 21/08/2026

Times for Monday 24 August				
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	