

exercise class programme

Wirksworth Leisure Centre

Accurate as of 21/08/2026

Times for Wednesday 26 August				
Time	Session	Facility	Level	
9:30 am - 10:15 am	Zumba Gold	Studio	beginner	
10:30 am - 11:30 am	Yoga	Studio	all levels	
2:00 pm - 3:00 pm	Active for Life	Studio	beginner	
4:30 pm - 5:15 pm	Sculpt & Tone	Studio	all levels	
5:15 pm - 6:00 pm	Strength	Studio	all levels	
6:30 pm - 7:15 pm	Zumba	Sports Hall	all levels	