exercise class programme

Wirksworth Leisure Centre

Accurate as of 02/11/2026

Times for Monday 2 November

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