exercise class programme

Wirksworth Leisure Centre

Accurate as of 02/11/2026

Times for Tuesday 3 November

Time	Session	Facility	Level
8:00 am - 8:45 am	Fit Steps	Studio	all levels
9:00 am - 9:45 am	Pilates Introduction	Studio	beginner / intermediate
5:30 pm - 6:15 pm	Circuits	Sports Hall	all levels
6:30 pm - 7:30 pm	Yoga	Studio	all levels