exercise class programme

Wirksworth Leisure Centre

Accurate as of 02/11/2026

Times for Wednesday 4 November

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