exercise class programme

Wirksworth Leisure Centre

Accurate as of 02/11/2026

Times for Thursday 5 November

Time	Session	Facility	Level
8:00 am - 8:45 am	HIIT	Studio	all levels
8:45 am - 9:30 am	Pilates	Studio	beginner
10:00 am - 11:00 am	Circuits	Studio	beginner / intermediate
7:00 pm - 8:00 pm	Pilates	Studio	beginner