exercise class programme

Wirksworth Leisure Centre

Accurate as of 02/11/2026

Times for Friday 6 November

Time	Session	Facility	Level
7:30 am - 8:00 am	Metafit	Studio	intermediate / advanced
8:00 am - 8:45 am	Pilates Fitness	Studio	all levels
9:00 am - 9:45 am	Gentle Aerobics	Studio	beginner / intermediate
5:30 pm - 6:30 pm	Freedom Circuits	Sports Hall	all levels
6:30 pm - 7:30 pm	Pilates Introduction	Studio	beginner