## Dovedale exercise class timetable Dovedale Sports Centre

Accurate as of 06/08/2024

Times for Monday 12 August				•
Time	Session	Facility	Instructor	Туре
18:15 - 19:00	Body Pump 45	Studio	Tash	Strength
19:00 - 20:00	Circuits	Sports Hall	Derek	Cardio