## **Dovedale exercise class timetable** Dovedale Sports Centre

## Accurate as of 03/09/2024

Times for Monday 2 September				0
Time	Session	Facility	Instructor	Туре
18:15 - 19:00	Body Pump 45	Studio	Tash	Strength
19:00 - 20:00	Circuits	Sports Hall	Derek	Cardio