

# Dovedale exercise class timetable

## Dovedale Sports Centre

Accurate as of 10/09/2024

### Times for Monday 16 September



Time	Session	Facility	Instructor	Type
18:15 - 19:00	Body Pump 45	Studio	Tash	Strength
19:00 - 20:00	Circuits	Sports Hall	Derek	Cardio