

exercise class programme

Wirksworth Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 17 April



Time	Session	Facility	Level
7:30 am - 8:30 am	Metafit & Stretch	Studio	all levels
9:30 am - 10:30 am	Zumba Gold	Sports Hall	beginner
10:30 am - 11:30 am	Yoga	Studio	all levels
6:30 pm - 7:15 pm	Zumba	Sports Hall	all levels
7:30 pm - 8:30 pm	Yoga	Studio	all levels