

exercise class programme

Wirksworth Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



| Time | Session | Facility | Level |
|---------------------|---------------------|-------------|-------------------------|
| 7:30 am - 8:30 am | Pilates | Studio | all levels |
| 10:00 am - 11:00 am | Low Impact Fitness | Studio | beginner / intermediate |
| 11:00 am - 12:00 pm | Chair Based Fitness | Studio | beginner |
| 6:00 pm - 6:30 pm | Metafit | Sports Hall | all levels |
| 6:30 pm - 7:15 pm | Step and Tone | Sports Hall | all levels |