

Duston Studio Timetable

Duston Sports Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Instructor
5:00 pm - 5:20 pm	H.I.I.T 20	Gym	Fitness Instructor
5:30 pm - 6:15 pm	Indoor Cycle 14+	Dance Studio	Jess
5:30 pm - 6:30 pm	Yoga 14+	Dance Studio	Emily
6:30 pm - 7:30 pm	Free Style Pump	Dance Studio	Jess