

Duston Studio Timetable

Duston Sports Centre

Accurate as of 19/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor
8:00 am - 12:00 pm	50+ Activity Day	Sports Hall	50+ Coordinator
10:00 am - 11:00 am	Zumba. 14+	Sports Hall	Marie
12:05 pm - 1:05 pm	Pilates 14+	Dance Studio	Chris P
5:30 pm - 6:30 pm	Pilates 14+	Dance Studio	Jess
6:30 pm - 7:15 pm	BLT 14+	Dance Studio	Paula
7:30 pm - 8:15 pm	Indoor Cycle 14+	Cycle Studio	Paula