Duston Studio Timetable

Duston Sports Centre

Accurate as of 12/10/2024

Times for Wednesday 24 April

Time	Session	Facility	Instructor
9:30 am - 10:30 am	Yoga 14+	Dance Studio	Emily
11:15 am - 12:00 pm	Step Aerobics	Dance Studio	Ros
12:10 pm - 1:10 pm	Tone Stretch Relax 14+	Dance Studio	Ros
6:00 pm - 6:30 pm	SWEAT	Sports Hall	Fitness Instructor
6:00 pm - 6:55 pm	Indoor Cycle 14+	Cycle Studio	Mark
6:30 pm - 7:00 pm	SWEAT	Sports Hall	Fitness Instructor