

Duston Studio Timetable

Duston Sports Centre

Accurate as of 19/05/2024

Times for Thursday 25 April			
Time	Session	Facility	Instructor
8:00 am - 12:00 pm	50+ Activity Day	Sports Hall	50+ Coordinator
5:30 pm - 5:50 pm	H.I.I.T 20	Gym	Fitness Instructor
6:00 pm - 6:45 pm	Indoor Cycle 14+	Cycle Studio	Victoria
6:00 pm - 6:45 pm	BLT 14+	Dance Studio	Vicki
6:45 pm - 7:30 pm	Tabata 14+	Dance Studio	Vicki