

Duston Studio Timetable

Duston Sports Centre

Accurate as of 19/05/2024

Times for Friday 3 May



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Body Pump	Dance Studio	Ashli
5:00 pm - 5:30 pm	Curls + Crunches 14+	Dance Studio	Lindsey
5:30 pm - 6:00 pm	SWEAT	Sports Hall	Dave
5:30 pm - 6:30 pm	Boxercise 14+	Dance Studio	Lindsey
6:00 pm - 6:30 pm	SWEAT	Sports Hall	Dave
6:30 pm - 7:15 pm	Indoor Cycle 14+	Cycle Studio	Victoria
6:30 pm - 7:30 pm	Soul Fusion 14+	Dance Studio	Paula