

Duston Studio Timetable

Duston Sports Centre

Accurate as of 26/04/2024

Times for Friday 26 April



| 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 |