

# Duston Studio Timetable

## Duston Sports Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May

Time	Session	Facility	Instructor
6:45 am - 7:30 am	Body Pump	Dance Studio	Zoe
9:30 am - 10:30 am	Yoga 14+	Dance Studio	Emily
11:15 am - 12:00 pm	Step Aerobics 14+	Dance Studio	Ros
12:10 pm - 1:10 pm	Tone Stretch Relax 14+	Dance Studio	Ros
5:30 pm - 6:30 pm	Body Balance	Dance Studio	Isabela
6:00 pm - 6:30 pm	SWEAT	Sports Hall	Fitness Instructor
6:00 pm - 6:55 pm	Indoor Cycle 14+	Cycle Studio	Adam
6:30 pm - 7:00 pm	SWEAT	Sports Hall	Fitness Instructor