

# Duston Studio Timetable

## Duston Sports Centre

Accurate as of 09/06/2026

### Times for Tuesday 9 June



Time	Session	Facility	Instructor
6:30 am - 7:00 am	SWEAT	Sports Hall	Fitness Instructor
7:00 am - 7:30 am	SWEAT	Sports Hall	Fitness Instructor
8:00 am - 12:00 pm	50+ Activity Day	Sports Hall	50+ Coordinator
9:15 am - 10:15 am	Body Combat	Dance Studio	Poppy
10:00 am - 11:00 am	Zumba. 14+	Sports Hall	Marie
10:15 am - 11:00 am	Body Pump	Dance Studio	Poppy
12:05 pm - 1:05 pm	Yoga 14+	Dance Studio	Emily
5:30 pm - 6:30 pm	Pilates 14+	Dance Studio	Chris P
6:30 pm - 7:15 pm	BLT 14+	Dance Studio	Paula
7:30 pm - 8:00 pm	GRIT Strength	Dance Studio	Lindsey
8:00 pm - 9:00 pm	Boxercise 14+	Dance Studio	Lindsey