

# Duston Studio Timetable

## Duston Sports Centre

Accurate as of 09/06/2026

### Times for Wednesday 10 June



Time	Session	Facility	Instructor
8:30 am - 9:30 am	Body Combat	Dance Studio	Poppy
9:30 am - 10:00 am	Les Mills SPRINT	Cycle Studio	Poppy
9:30 am - 10:30 am	Yoga 14+	Dance Studio	Emily
9:30 am - 10:30 am	Zumba	Sports Hall	Helen
10:00 am - 10:30 am	Les Mills SPRINT	Cycle Studio	Poppy
10:45 am - 11:30 am	BLT 14+	Dance Studio	Ivy
11:45 am - 12:45 pm	Yoga (Neck & Shoulders)	Dance Studio	Ivy
5:30 pm - 6:30 pm	Free Style Pump	Dance Studio	Ivy
6:30 pm - 7:30 pm	Yoga 14+	Dance Studio	Ivy
7:30 pm - 8:00 pm	SWEAT	Sports Hall	Fitness Instructor
8:00 pm - 8:30 pm	SWEAT	Sports Hall	Fitness Instructor