

Duston Studio Timetable

Duston Sports Centre

Accurate as of 09/06/2026

Times for Thursday 11 June



Time	Session	Facility	Instructor
6:30 am - 7:15 am	Body Combat	Dance Studio	Keri E-W
8:00 am - 12:00 pm	50+ Activity Day	Sports Hall	50+ Coordinator
9:30 am - 10:30 am	Body Pump	Dance Studio	Ashli
5:15 pm - 6:00 pm	Spin 14+	Cycle Studio	Vicki
5:30 pm - 5:50 pm	Strength + Conditioning	Dance Studio	Fitness Instructor
6:00 pm - 6:45 pm	BLT 14+	Dance Studio	Vicki
6:45 pm - 7:30 pm	Body Pump	Dance Studio	Vicki