

# Duston Studio Timetable

## Duston Sports Centre

Accurate as of 09/06/2026

### Times for Friday 12 June



Time	Session	Facility	Instructor
6:30 am - 7:15 am	P90X / Transform	Dance Studio	Tak
9:30 am - 10:30 am	Body Pump	Dance Studio	Ashli
5:30 pm - 6:00 pm	SWEAT	Sports Hall	Fitness Instructor
6:00 pm - 6:30 pm	SWEAT	Sports Hall	Fitness Instructor
6:30 pm - 7:30 pm	Soul Fusion 14+	Dance Studio	Paula