

Duston Studio Timetable

Duston Sports Centre

Accurate as of 09/06/2026

Times for Saturday 13 June



Time	Session	Facility	Instructor
9:00 am - 9:30 am	GRIT Strength	Dance Studio	Vicki
9:30 am - 10:15 am	Indoor Cycle 14+	Cycle Studio	Vicki
9:30 am - 10:30 am	Body Pump	Dance Studio	Ashli
10:30 am - 11:30 am	BLT 14+	Dance Studio	Vicki
11:30 am - 12:30 pm	Yoga 14+	Dance Studio	Tracey