

# Duston Studio Timetable

## Duston Sports Centre

Accurate as of 09/06/2026

### Times for Sunday 14 June



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Box Fit	Sports Hall	Darren
10:00 am - 11:00 am	Yoga 14+	Dance Studio	Tracey
11:00 am - 12:00 pm	Yoga 14+	Dance Studio	Tracey