

# Duston Studio Timetable

## Duston Sports Centre

Accurate as of 09/06/2026

### Times for Monday 15 June



Time	Session	Facility	Instructor
6:45 am - 7:30 am	Indoor Cycle 14+	Cycle Studio	Jo
9:30 am - 10:15 am	BLT 14+	Dance Studio	Ivy
10:00 am - 11:00 am	Zumba	Sports Hall	Helen
10:30 am - 11:30 am	Yoga 14+	Dance Studio	Ivy
11:00 am - 12:00 pm	Tai Chi	Sports Hall	Nick
11:00 am - 12:00 pm	Tai Chi 14+	Sports Hall	Helen
5:30 pm - 6:30 pm	Yoga 14+	Dance Studio	Emily
6:30 pm - 7:30 pm	Body Combat	Dance Studio	Carla
7:30 pm - 8:00 pm	SWEAT	Sports Hall	Fitness Instructor
8:00 pm - 8:30 pm	SWEAT	Sports Hall	Fitness Instructor