

# Studio

## Dovercourt Bay Lifestyles

Accurate as of 05/10/2026

Times for Monday 5 October



| Time          | Session    | Facility     |
|---------------|------------|--------------|
| 07:00 - 07:45 | Spinning   | Dance Studio |
| 09:00 - 09:30 | Circuits   | Dance Studio |
| 18:00 - 18:45 | Spinning   | Dance Studio |
| 19:15 - 20:30 | Hatha Yoga | Dance Studio |