

Studio

Dovercourt Bay Lifestyles

Accurate as of 05/10/2026

Times for Wednesday 7 October

Time	Session	Facility
09:15 - 09:45	Spinning	Dance Studio
10:00 - 11:30	Hatha Yoga	Dance Studio
18:00 - 19:30	Pilates	Dance Studio
19:45 - 20:30	Circuits	Dance Studio