

# Fitness

## Live Active Atholl

Accurate as of 20/09/2026

Times for Monday 21 September



| Time          | Session        | Facility   |
|---------------|----------------|------------|
| 18:00 - 18:30 | Metafit        | Sportshall |
| 18:35 - 19:05 | Core Stability | Sportshall |