

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Monday 14 September

Time	Session	Facility
07:15 - 07:45	Les Mills Sprint (virtual)	Studio
08:00 - 08:45	Les Mills BodyBalance (virtual)	Studio
09:00 - 10:00	Active Women	Studio
10:15 - 11:00	Core	Studio
16:00 - 16:30	Les Mills Sprint (virtual)	Studio
17:00 - 17:45	Les Mills BodyPump (virtual)	Studio
18:00 - 19:00	Les Mills BodyPump	Studio
19:15 - 20:00	Les Mills BodyBalance	Studio