

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Wednesday 16 September

Time	Session	Facility
07:15 - 08:10	Les Mills RPM (Virtual)	Studio
09:00 - 10:00	Active Women	Studio
10:15 - 11:15	Stretch & Tone	Studio
12:45 - 13:45	Yoga	Studio
14:00 - 14:45	Sit to Stand	Studio
17:30 - 18:00	Spin Express	Studio
18:15 - 18:45	Les Mills BodyAttack (virtual)	Studio
19:00 - 19:45	Les Mills BodyPump (virtual)	Studio
20:00 - 21:00	Les Mills BodyPump (virtual)	Studio