

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Friday 18 September

Time	Session	Facility
07:00 - 07:30	Spin Fit	Studio
07:45 - 08:15	Les Mills BodyAttack (virtual)	Studio
13:00 - 13:45	Active Women	Studio
14:00 - 14:45	Pilates	Studio
16:00 - 16:30	Les Mills Sprint (virtual)	Studio
17:00 - 18:00	Active Yoga	Studio
18:15 - 19:15	Gentle Yoga	Studio