

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Saturday 19 September

Time	Session	Facility
09:00 - 09:45	Les Mills BodyAttack (virtual)	Studio
10:00 - 11:00	Les Mills BodyBalance (virtual)	Studio
13:00 - 14:00	Les Mills RPM (Virtual)	Studio
14:15 - 15:15	Les Mills BodyPump (virtual)	Studio