

# Fitness Timetable

## Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Sunday 20 September



| Time          | Session                      | Facility |
|---------------|------------------------------|----------|
| 09:00 - 09:50 | Les Mills RPM (Virtual)      | Studio   |
| 10:30 - 11:15 | Les Mills BodyPump (virtual) | Studio   |
| 11:30 - 12:15 | Les Mills Dance (Virtual)    | Studio   |
| 14:30 - 15:00 | Les Mills Sprint (virtual)   | Studio   |