

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Tuesday 22 September

Time	Session	Facility
11:00 - 11:45	Spin Fit	Studio
12:00 - 13:00	Pilates	Studio
16:00 - 16:30	Les Mills Sprint (virtual)	Studio
17:00 - 17:45	Les Mills BodyCombat (Virtual)	Studio
18:00 - 18:45	Circuits	Studio
19:00 - 20:00	Stretch & Tone	Studio
20:15 - 21:00	Les Mills BodyPump (virtual)	Studio