

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Wednesday 23 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	Metafit	Studio	
19:00 - 19:45	Les Mills BodyPump (virtual)	Studio	
20:00 - 21:00	Les Mills BodyPump (virtual)	Studio	