

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Thursday 24 September

Time	Session	Facility
09:00 - 09:45	Tums, Bums & Thighs	Studio
10:00 - 10:30	Stretch & Strength	Studio
14:15 - 15:00	Express Yoga	Studio
15:15 - 16:15	Yoga	Studio
17:00 - 17:30	Les Mills Sprint (virtual)	Studio
18:00 - 18:45	Les Mills BodyAttack	Studio
19:00 - 19:45	Pilates	Studio