

Fitness Timetable

Live Active Blairgowrie

Accurate as of 21/09/2026

Times for Sunday 27 September

Time	Session	Facility
09:00 - 09:50	Les Mills RPM (Virtual)	Studio
10:30 - 11:15	Step Aerobics	Studio
11:30 - 12:15	Tums, Bums & Thighs	Studio
14:30 - 15:00	Les Mills Sprint (virtual)	Studio