

Fitness Timetable

Live Active Strathearn

Accurate as of 23/09/2026

Times for Monday 14 September

Time	Session	Facility
09:30 - 10:15	Burn	Dance Studio
11:00 - 11:45	Social Circuits	Dance Studio
18:15 - 19:15	HIIT & TBT	Sportshall
19:30 - 20:30	Pilates	Sportshall