

# Fitness Timetable

## Live Active Strathearn

Accurate as of 23/09/2026

Times for Tuesday 15 September



| Time          | Session            | Facility     |
|---------------|--------------------|--------------|
| 10:15 - 11:15 | Yoga               | Dance Studio |
| 11:15 - 12:00 | Gentle Yoga        | Dance Studio |
| 18:00 - 18:45 | Circuits           | Sportshall   |
| 19:00 - 19:45 | Total Body Workout | Dance Studio |
| 19:10 - 19:55 | Yoga               | Dance Studio |