

Fitness Timetable

Live Active Strathearn

Accurate as of 23/09/2026

Times for Thursday 17 September

Time	Session	Facility
11:00 - 11:45	Social Circuits	Dance Studio
18:00 - 18:45	Step & Tone	Sportshall
19:00 - 19:45	Pure Strength	Swimming Pool
20:00 - 21:00	Pilates	Sportshall