

Fitness Timetable

Live Active Strathearn

Accurate as of 23/09/2026

Times for Friday 18 September

Time	Session	Facility
09:30 - 10:15	Total Body Workout	Dance Studio
10:20 - 11:05	Stretch & Strength	Dance Studio
11:20 - 12:05	AquaFit	Swimming Pool
18:00 - 18:45	Core Stability	Dance Studio
19:00 - 19:45	Burn	Dance Studio