

Fitness Timetable

Live Active Strathearn

Accurate as of 21/09/2026

Times for Tuesday 22 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