

Fitness Timetable

Live Active Strathearn

Accurate as of 21/09/2026

Times for Wednesday 23 September

Time	Session	Facility
09:30 - 10:15	Total Body Workout	Dance Studio
10:30 - 11:15	Stretch & Strength	Dance Studio
11:50 - 12:35	AquaFit	Swimming Pool
17:45 - 18:15	Metafit	Sportshall
18:30 - 19:15	Core Stability	Sportshall