

# Fitness Timetable

## Live Active Strathearn

Accurate as of 21/09/2026

Times for Thursday 24 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    |