

The Gym

Dewars Centre

Accurate as of 23/09/2026

Times for Wednesday 16 September

Time	Session	Facility
07:00 - 07:45	Les Mills Ceremony	The Gym
09:15 - 10:15	Activity Referral	The Gym
10:45 - 11:30	Active Women	The Gym
12:15 - 13:00	Gym Circuits	The Gym
13:00 - 14:00	Activity Referral	The Gym
16:00 - 17:00	Under 16 Gym Session	The Gym
17:00 - 18:00	Under 16 Gym Session	The Gym
18:00 - 19:00	Under 16 Gym Session	The Gym
18:35 - 19:15	BoxerFit	The Gym
19:00 - 20:00	Under 16 Gym Session	The Gym
20:00 - 21:00	Under 16 Gym Session	The Gym
21:00 - 22:00	Gym Circuits	The Gym