

The Gym

Dewars Centre

Accurate as of 23/09/2026

Times for Saturday 19 September

Time	Session	Facility
08:15 - 09:00	Kettlebells	The Gym
09:00 - 09:30	Learn to Lift	The Gym
09:30 - 10:15	Strength	The Gym
11:00 - 12:00	Circuits	The Gym