

The Gym

Dewars Centre

Accurate as of 21/09/2026

Times for Thursday 24 September

Time	Session	Facility
07:00 - 07:45	Core	The Gym
09:30 - 10:30	Circuits	The Gym
10:45 - 11:15	Core	The Gym
12:30 - 13:15	Strength	The Gym
16:00 - 17:00	Under 16 Gym Session	The Gym
17:00 - 17:45	Les Mills Ceremony	The Gym
17:00 - 18:00	Under 16 Gym Session	The Gym
18:00 - 19:00	Under 16 Gym Session	The Gym
18:30 - 19:15	Active Women	The Gym
19:00 - 20:00	Under 16 Gym Session	The Gym
20:00 - 21:00	Under 16 Gym Session	The Gym