

Fitness Studio 1

Dewars Centre

Accurate as of 21/09/2026

Times for Monday 14 September

Time	Session	Facility
09:30 - 10:30	Les Mills BodyPump	Fitness Studio 1
10:45 - 11:30	Les Mills BodyCombat	Fitness Studio 1
12:15 - 13:15	Social Circuits	Fitness Studio 1
17:30 - 18:30	Circuits	Fitness Studio 1
18:45 - 19:30	Les Mills BodyAttack	Fitness Studio 1
19:45 - 20:30	Les Mills BodyPump	Fitness Studio 1