

# Fitness Studio 1

## Dewars Centre

Accurate as of 21/09/2026

Times for Wednesday 16 September



| Time          | Session              | Facility         |
|---------------|----------------------|------------------|
| 09:30 - 10:30 | Les Mills BodyPump   | Fitness Studio 1 |
| 10:45 - 11:30 | Social Circuits      | Fitness Studio 1 |
| 17:40 - 18:25 | Les Mills BodyAttack | Fitness Studio 1 |
| 18:30 - 19:15 | Zumba                | Fitness Studio 1 |
| 19:20 - 20:05 | Les Mills BodyCombat | Fitness Studio 1 |