

Fitness Studio 1

Dewars Centre

Accurate as of 21/09/2026

Times for Tuesday 22 September

Time	Session	Facility
09:30 - 10:15	Social Aerobics	Fitness Studio 1
10:30 - 11:15	Aerobics	Fitness Studio 1
14:00 - 15:00	Sit to Stand	Fitness Studio 1
17:40 - 18:25	Les Mills BodyPump	Fitness Studio 1
18:35 - 19:20	Les Mills BodyAttack	Fitness Studio 1