

Fitness Studio 1

Dewars Centre

Accurate as of 21/09/2026

Times for Wednesday 23 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