

Fitness Studio 1

Dewars Centre

Accurate as of 21/09/2026

Times for Thursday 24 September

Time	Session	Facility
09:30 - 10:15	Social Aerobics	Fitness Studio 1
10:30 - 11:15	Les Mills BodyCombat	Fitness Studio 1
11:30 - 12:30	Cardiac	Fitness Studio 1
17:45 - 18:45	Les Mills BodyPump	Fitness Studio 1