

Fitness Studio 2

Dewars Centre

Accurate as of 20/09/2026

Times for Thursday 17 September

Time	Session	Facility
07:00 - 07:30	Les Mills Sprint (virtual)	Fitness Studio 2
09:30 - 10:15	Les Mills RPM	Fitness Studio 2
10:30 - 11:30	Les Mills BodyBalance	Fitness Studio 2
11:45 - 12:45	Pilates	Fitness Studio 2
13:00 - 14:00	Pilates	Fitness Studio 2
17:30 - 18:30	Yoga	Fitness Studio 2
19:00 - 19:50	Les Mills BodyBalance	Fitness Studio 2
20:00 - 20:45	Les Mills BodyBalance (virtual)	Fitness Studio 2