

Fitness Studio 2

Dewars Centre

Accurate as of 20/09/2026

Times for Friday 18 September

Time	Session	Facility
07:00 - 07:45	Pilates	Fitness Studio 2
09:30 - 10:30	Zumba	Fitness Studio 2
10:45 - 11:45	Yoga	Fitness Studio 2
12:00 - 13:00	Yoga	Fitness Studio 2
13:15 - 14:15	Pilates	Fitness Studio 2
15:30 - 16:15	Les Mills RPM (Virtual)	Fitness Studio 2
16:25 - 16:50	Les Mills Sprint (virtual)	Fitness Studio 2
17:30 - 18:15	Spin Fit	Fitness Studio 2
18:30 - 19:15	Les Mills RPM (Virtual)	Fitness Studio 2
19:30 - 20:00	Les Mills Sprint (virtual)	Fitness Studio 2