

Fitness Studio 2

Dewars Centre

Accurate as of 20/09/2026

Times for Sunday 20 September

Time	Session	Facility
08:15 - 08:45	Les Mills Sprint (virtual)	Fitness Studio 2
09:00 - 09:45	Les Mills RPM	Fitness Studio 2
10:00 - 10:45	Les Mills BodyCombat (Virtual)	Fitness Studio 2
11:00 - 12:00	Les Mills BodyBalance (virtual)	Fitness Studio 2
12:15 - 13:00	Les Mills Dance (Virtual)	Fitness Studio 2