

Fitness Studio 2

Dewars Centre

Accurate as of 20/09/2026

Times for Monday 21 September			
Time	Session	Facility	
07:00 - 07:45	Pilates	Fitness Studio 2	
08:30 - 09:15	Les Mills BodyBalance (virtual)	Fitness Studio 2	
09:30 - 10:30	Pilates	Fitness Studio 2	
10:45 - 11:45	Les Mills BodyBalance	Fitness Studio 2	
12:00 - 13:00	Yoga	Fitness Studio 2	
13:15 - 14:15	Tai Chi	Fitness Studio 2	
16:45 - 17:15	Les Mills Sprint (virtual)	Fitness Studio 2	
17:45 - 18:30	Les Mills RPM	Fitness Studio 2	
18:45 - 19:30	Pilates	Fitness Studio 2	
20:00 - 21:00	Yoga	Fitness Studio 2	