

Fitness Studio 2

Dewars Centre

Accurate as of 20/09/2026

Times for Tuesday 22 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
10:45 - 11:45	Les Mills BodyBalance	Fitness Studio 2
12:00 - 13:00	Pilates	Fitness Studio 2
14:00 - 14:45	Pilates	Fitness Studio 2
16:30 - 17:15	Les Mills BodyBalance (virtual)	Fitness Studio 2
17:30 - 18:15	Pilates	Fitness Studio 2
18:30 - 19:15	Les Mills RPM	Fitness Studio 2
19:30 - 20:30	Pilates	Fitness Studio 2