

Fitness Studio 2

Dewars Centre

Accurate as of 20/09/2026

Times for Wednesday 23 September

Time	Session	Facility
07:00 - 07:45	Les Mills BodyBalance (virtual)	Fitness Studio 2
08:15 - 09:00	Pilates	Fitness Studio 2
09:15 - 10:00	Pilates	Fitness Studio 2
10:45 - 11:45	Yoga	Fitness Studio 2
13:45 - 14:45	Zumba	Fitness Studio 2
17:00 - 18:00	Yoga	Fitness Studio 2
18:15 - 19:00	Les Mills RPM	Fitness Studio 2
19:15 - 20:00	Les Mills BodyBalance	Fitness Studio 2