

# Studio

## Dovercourt Bay Lifestyles

Accurate as of 01/11/2024

### Times for Monday 22 April



Time	Session	Facility
07:00 - 07:45	Spinning	Dance Studio
09:00 - 09:30	Circuits	Dance Studio
18:00 - 18:45	Spinning	Dance Studio
19:15 - 20:30	Hatha Yoga	Dance Studio