

Fitness Class Timetable - September

Monday 2nd - Gentle exercise (10am), Stretch & Mobility (2pm)

Tuesday 3rd - Stretch & Mobility (10am), Health walk (4pm)

Wednesday 4th - Pilates (9.30am), Health walk (11am)

Thursday 5th - Gentle exercise (10am), Stretch & Mobility (2pm)

Friday 6th - Stretch & Mobility (10am)

Monday 9th - Gentle exercise (10am), Stretch & Mobility (2pm)

Tuesday 10th - Stretch & Mobility (10am), Health walk (12pm)

Wednesday 11th - Pilates (9.30am), Stretch & Mobility (2pm)

Thursday 12th - Gentle exercise (10am)

Friday 13th - Health walk (2pm)

Monday 16th - Health walk (10am)

Tuesday 17th - Health walk (11am)

Wednesday 18th - Pilates (9.30am)

Thursday 19th - Gentle exercise (10am), Stretch & Mobility (2pm)

Friday 20th - Stretch & Mobility (10am), Health walk (2pm)

Monday 23rd - Gentle exercise (10am), Stretch & Mobility (2pm)

Tuesday 24th - Stretch & Mobility (10am), Health walk (11am)

Wednesday 25th - Health walk (11am)

Thursday 26th - Gentle exercise (10am), Stretch & Mobility (2pm)

Friday 27th - Health walk (10am)

Monday 30th - Gentle exercise (10am), Health walk (10am)

Stretch & Mobility (2pm)