

EASYLINE TIMETABLE

Monday July 23rd – Sunday September 2nd 2018

Monday

0900 Easyline for all abilities
1000 Exercise Referral
1700 Exercise Referral

Tuesday

0900 Easyline for all abilities
1200 Falls Prevention
1330 Exercise Referral
1415 Movement for all
1710 Studio 2 circuits
1800 Exercise Referral

Wednesday

0900 Easyline for all abilities
1000 Easyline for all abilities
1200 Cardiac Rehab Phase IV
1800 Exercise Referral

Thursday

1000 Movement for all
1130 Easyline for all abilities
1330 Exercise Referral

Friday

0900 Easyline for all abilities
1000 Easyline for all abilities

All classes are 55 minutes

**ALL PARTICIPANTS MUST COMPLETE
AN EASYLINE INDUCTION**



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BOOKING IS ESSENTIAL