Alternative Easyline Timetable
January 6th – March 8th 2020
(Pending completion of building work)

Monday
0900-1000 Gentle Circuits (SH)
1200-1245 Exercise Referral (DS)

Tuesday
0830-0930 Easyline for all (DS)
1230-1315 Fall Prevention (DS)
1330-1415 Exercise Referral (DS)
1600-1700 Movement for all (DS)
1710-1800 Easyline Circuits (DS)
1830-1915 Circuits for Slimmers (STP)

Wednesday
0900-1000 Easyline for all (DS)
1315-1415 Easyline for all (DS)

Thursday
1130-1230 Easyline for all (DS)
1330-1430 Exercise referral (DS)
1430-1530 Movement for all (DS)

Friday
0830-0930 Easyline for all (DS)

KEY
SH = Sports Hall
DS = Dance Studio
FS = Fitness Suite
STP = Sir Thomas Picton Fitness Suite