

EASYLINE TIMETABLE

Monday July 22nd – Sunday September 1st 2019

Monday

0700-0730 Suspension Fitness
Training
0730-0800 Suspension Fitness
Training
0900-1000 Easyline for all abilities
1000-1100 Exercise Referral
1700-1800 Exercise Referral

Tuesday

1200-1300 Falls Prevention
1330-1415 Exercise Referral
1415-1515 Movement for all
1710-1800 Studio 2 circuits
1800-1900 Exercise Referral

Wednesday

0900-1000 Easyline for all abilities
1000-1100 Easyline for all abilities
1200-1300 Cardiac Rehab Phase IV
1800-1900 Exercise Referral
1930-2015 Kettles, core & more

**We endeavour to run classes subject to
holiday cover. Please book to secure
your place*

Thursday

1000-1100 Movement for all
1130-1230 Easyline for all abilities
1330-1430 Exercise Referral

Friday

0900-1000 Easyline for all abilities

All classes are 55 minutes

ALL PARTICIPANTS MUST COMPLETE
AN EASYLINE INDUCTION

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BOOKING IS ESSENTIAL

