

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

