

Monday 25 Feb 2019	Duration	Intensity Level
09:30 -- Over 50s Gym	180 mins	
18:15 -- Body Blitz	60 mins	⊕ ⊕ ⊕ ⊕
19:30 -- Yoga	60 mins	⊗ ⊗ ⊗ ⊗

Tuesday 26 Feb 2019	Duration	Intensity Level
18:30 -- Zumba	60 mins	⊗ ⊗ ⊗ ⊗
19:30 -- Powerhoop	45 mins	⊕ ⊕ ⊕ ⊕

Wednesday 27 Feb 2019	Duration	Intensity Level
09:30 -- Yoga	60 mins	⊗ ⊗ ⊗ ⊗
18:00 -- Boxing Circuit	90 mins	⊕ ⊕ ⊕ ⊕

Thursday 28 Feb 2019	Duration	Intensity Level
12:30 -- Over 50s Gym	120 mins	
18:00 -- Bootcamp	60 mins	⊕ ⊕ ⊕ ⊕

Friday 01 Mar 2019	Duration	Intensity Level
08:00 -- Boxercise	120 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Walking	60 mins	

This timetable is current as of 24/02/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

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 Hirst Welfare Centre  @ActiveNland