

Health agenda classes

Community Sports

Accurate as of 24/05/2026

Times for Tuesday 26 May



Time	Session	Facility
08:00 - 09:00	Good Boost (unsupervised)	NL Active Baysgarth
10:00 - 11:00	Neuro Rehab	NL Active The Pods
10:45 - 11:30	Good Boost	NL Active Riddings
11:15 - 12:00	Good Boost	NL Active The Pods
12:00 - 12:45	Active Circuits	NL Active Riddings
12:45 - 13:30	Good Boost (unsupervised)	NL Active The Pods
13:00 - 13:45	Chair Based Exercise	NL Active The Pods
14:00 - 14:45	Seated chair circuit	NL Active The Pods
14:00 - 15:00	Chair Based Exercise	NL Active Ancholme
15:00 - 15:45	Good Boost	NL Active Ancholme
15:00 - 15:45	Good Boost	NL Active The Pods
16:00 - 17:00	Instructor Led Gym Session	NL Active The Pods
16:30 - 18:00	Instructor Led Gym Session	NL Active The Pods