

# Health agenda classes

## Community Sports

Accurate as of 26/07/2026

### Times for Tuesday 28 July



| 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  |
| 17:15 - 18:00 | Ante and post natal 'Bump Boost' Good Boost | NL Active The Pods  |