

Health agenda classes

Community Sports

Accurate as of 26/07/2026

Times for Thursday 30 July			
Time	Session	Facility	
10:00 - 10:45	Good Boost	NL Active Baysgarth	
11:15 - 12:15	Chair Based Exercise	NL Active Baysgarth	
11:30 - 12:15	Good Boost	NL Active The Pods	
11:45 - 12:45	Chair Based Exercise	NL Active Ancholme	
12:30 - 13:30	Instructor Led Gym Session	NL Active The Pods	
12:45 - 13:30	Good Boost (unsupervised)	NL Active The Pods	
14:00 - 14:45	Active Circuits	NL Active The Pods	
14:30 - 15:15	Good Boost	NL Active Baysgarth	
15:00 - 15:45	Good Boost	NL Active Ancholme	