

Health agenda classes

Community Sports

Accurate as of 26/07/2026

Times for Friday 31 July



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