

FERNBROOK & HUB TIMETABLE

MONDAY

LADIES GROUP TRAINING
09:30-10:15

BREATHE WELL
10:30-11:15

HEALTH CIRCUITS
11:30-12:15

HEALTH CIRCUITS
14:00-14:45

FUNCTIONAL TRAINING
19:15-20:00

TUESDAY

SENIOR WEIGHTS
10:45-11:30

BEGINNER GROUP TRAINING
12:00-12:45

GROUP TRAINING
14:30-15:15

WEDNESDAY

CORE STRENGTH
10:30-11:15

HEALTH CIRCUITS
11:30-12:15

DRAMA-ADULTS
14:00-15:00

HEALTH CIRCUITS
14:30-15:15

STUDENT STRENGTH
16:00-16:45

ACTIVE PLAN
18:00-19:00

GROUP TRAINING
19:00-19:45

THURSDAY

HEALTH CIRCUITS
10:30-11:15

HEALTH CIRCUITS
12:00-12:45

STUDENT STRENGTH
16:00-16:45

STRENGTH & CONDITIONING
19:00-20:00

FRIDAY

GROUP TRAINING
09:30-10:15

RELAXED TAI CHI
09:30-10:30

HEALTH CIRCUITS
10:45-11:30

BREATHE WELL
11:45-12:30

HEALTH CIRCUITS
14:30-15:15

SATURDAY

GYM CIRCUIT
09:00-09:45

STUDENT STRENGTH
10:15-11:00

 Group Training

 Strength Training

 GP REFERRAL ONLY

 Low Impact

CLASS DESCRIPTIONS. SCAN ME!



FOR MORE INFORMATION ABOUT OUR GP REFERRAL SCHEME OR IF YOU ARE UNSURE WHAT CLASS IS SUITABLE FOR YOU. PLEASE CONTACT LYNSEY PLEDGER: LYNSEY.PLEDGER@RIVERSMEETGILLINGHAM.ORG

