

## ATHLETICS TRACK - CLASS TIMETABLE

### MONDAY

Time	Class	Room	Instructor
11:00 - 12:00	Chair Based Yoga	Pavilion	Kate

### TUESDAY

Time	Class	Room	Instructor
13:00 - 14:00	Beginners Yoga	Pavilion	Sam

### WEDNESDAY

Time	Class	Room	Instructor
10:00 - 12:00	Adapted Cycling	Track	Matt
11:00 - 11:50	Strength & Balance	Pavilion	Kate
12:00 - 12:50	Heart Failure Rehabilitation	Pavilion	Kate
17:30 - 18:30	Adapted Cycling	Track	Matt

### THURSDAY

Time	Class	Room	Instructor
10:00 - 11:00	Re-Ffit Strength & Balance	Pavilion	Kate
11:00 - 12:00	Chair Based Pilates	Pavilion	Kate

*Updated Jan25*

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.