



Palatine Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00					
Break					
10:15-11:15					
Break					
11:30-12:30			Strong and Steady with Bella		Keep Active Class with Marie
Break					
12:45-13:45	Chair Based Yoga with Jo		Chair Based Yoga with Jo		Chair Based Pilates with Enzo
Break					
14:00-15:00			Keep Active Class with Enzo		
Break					
15:15-16:15					
Break					
16:30-17:30					
Break					
18:00-19:00			Keep Active Class with Sandie		



Other Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30		Keep Active with Marie Pond Lane Park: April-September Zoom: October-March or Bad weather			
19:15-20:15				Weigh To Go Zoom Only With Bella	