



RHL CLASS TIMETABLE

Cardiac & Pulmonary Rehab programme

For more information/ to book email classes@rhl.org.uk or call **01252 957430**

DAY	CLASS	TIME	TUTOR	VENUE	COST PER CLASS
Monday	Phase IV Cardiac Rehab	9.30-10.20 am	Becky	Hawley Leisure Centre, Blackwater	£5.40
Monday	Phase IV Cardiac Rehab	10.30-11.20 am	Becky	Hawley Leisure Centre, Blackwater	£5.40
Monday	Pulmonary Rehab	11.00 – 11.45 am	Claire	Cove bowling club Farnborough	£ 5.40
Monday	Pulmonary Rehab	2.00 – 2.45 pm	Becky	Places for Leisure Camberley	£5.40
Monday	Phase IV Cardiac Rehab	5 .00 – 5.50 pm	Becky	Yateley - venue TBC	TBC
Tuesday	Phase IV Cardiac Rehab	5.00 -5.50 pm	Becky	Community Centre Church Crookham	£5.40
Tuesday	Health Circuit	6.30 -7.20 pm	Becky & Linda	ZOOM – ONLNE	£4.50
Wednesday	Phase IV Cardiac Rehab	9.30 – 10.20 am	Linda	Hawley Leisure Centre	£5.40
Wednesday	Phase IV Cardiac Rehab	10.30-11.20 am	Linda	Hawley Leisure Centre	£5.40
Wednesday	Health Circuit	11.30-12.20 pm	Linda	Hawley Leisure Centre	£5.40
Wednesday	Pulmonary Rehab	12.30-1.20 pm	Linda	Hawley Leisure Centre	£5.40
Wednesday	Health Circuit** Induction class	4:00 – 5:00 pm	Becky	Hawley leisure centre blackwater	£5.40
Thursday	Health Circuit	9.00 – 9.45 am	Linda	ZOOM – ONLINE	£4.00
Thursday	Health Circuit	10.30–11.20 am	Linda	Princes Hall, Aldershot	£5.40
Thursday	Pulmonary Rehab	12.55 – 1.45 pm	Linda	Community centre Church Crookham	£5.40
Thursday	Cardiac Rehab	6.10 – 7.00 pm	Linda	Princess Hall, Aldershot	£5.40
Friday	Cardiac Rehab	8.30 – 9.20 am	Linda	St Marks Church Hall, North Camp	£5.40
Friday	Pulmonary Rehab	10.55-11.45 am	Linda	The Traction Club, Aldershot	£5.40

HEALTH CIRCUIT

Suitable for Cardiac, Pulmonary and other health conditions, as well as for those looking to improve general health & fitness.

TUESDAY INDUCTION HEALTH CIRCUIT

First 3 weeks FREE* for ALL new members to RHL in a smaller induction class to enable our tutors to assess your needs and medical history. Also for you to become familiar with the format and exercises before you progress into your new class. Additional 50% off first month payment, Hampshire residents only (due to subsidised funding) *limited time offer

Please note, a medical referral (Phase 3, Pulmonary Physio or GP) is required for this class. Contact RHL for more information.