



RHL CLASS TIMETABLE

Face to Face Classes

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

DAY	CLASS	TIME	TUTOR	VENUE	COST PER CLASS by DD
Monday	Legs, Bums & Tums	09.15 –10.00	Nicky	The Field Classroom, Southwood Country Park	£4.50
Monday	Phase IV Cardiac Rehab	09.30 –10.20	Becky	Hawley Leisure Centre, Blackwater	£5.40
Monday	Phase IV Cardiac Rehab	10.30 - 11.20	Becky	Hawley Leisure Centre, Blackwater	£5.40
Monday	Seated Exercise	11.00- 11.45	Alison	St Andrews Church Hall, Aldershot	£4.75
Monday	Pilates	12.35 - 13.20	Jo	British Legion, Farnborough	£4.95
Monday	Move It or Lose It	13.35 - 14.35	Anita	Princes Hall, Aldershot	£4.75
Monday	Pulmonary Rehab	14.00 –14.50	Becky	Places for Leisure Camberley	£4.75
Monday	Pilates	18.00 -18.50	Caroline	St Andrews Church Hall, Aldershot	£5.40
Tuesday	Pilates	12.00 - 12.45	Giselle	Hawley Memorial Hall Blackwater	£4.95
Tuesday	Chair Pilates	13.00 - 13.45	Giselle	Hawley Memorial Hall Blackwater	£4.75
Tuesday	Phase IV Cardiac Rehab	17.00 - 17.50	Becky	Church Crookham Community Centre Church Crookham	£5.40
Tuesday	Pilates	19.30 - 20.30	Becky	Wavell School, Farnborough Online Class	£5.40 £3.50 online
Wednesday	Phase IV Cardiac Rehab	09.30 –10.20	Linda	Hawley Leisure Centre	£5.40
Wednesday	Phase IV Cardiac Rehab	10.30 –11.20	Linda	Hawley Leisure Centre	£5.40
Wednesday	Pilates	10.30 - 11.15	Becky	Darby Green Centre Blackwater	£5.80

Wednesday	Chair Pilates	11.15 - 12.10	Rosalyn	Church Crookham Community Centre Church Crookham	£4.75
Wednesday	Phase IV Cardiac Rehab	11.30 -12.20	Linda	Hawley Leisure Centre	£5.40
Wednesday	Chair Pilates	11.30 - 12.15	Becky	Darby Green Centre. Blackwater	£5.50
Wednesday	Pulmonary Rehab	12.30 - 13.15	Linda	Hawley Leisure Centre	£4.75
Thursday	Pulmonary Rehab	AM – TBC	Linda	Venue TBC	£4.75
Thursday	Pilates	10.30 –11.30	Caroline	Balance & Breathe, Church Crookham	£9.00
Thursday	Seated Exercise	10.30 - 11.30	Alison	Masonic Centre, Farnborough Online Class	£4.75 £3.50 online
Thursday	Pilates	18.10 - 19.00	Nas	Wavell School, Farnborough	£5.40
Thursday	Cardiac Rehab	Evening TBC	TBC	Venue TBC	TBC
Friday	Cardiac Rehab	08.30-09.20	Linda	St Marks Church Hall, North Camp	£5.40
Friday	Chair Pilates	09.45 - 10.30	Linda	The Traction Club Aldershot	£4.75
Friday	Pulmonary Rehab	10.40 - 11.25	Linda	The Traction Club, Aldershot	£4.75
Friday	Pilates	12.00 - 13.00	Jo	St Augustine's Church, Aldershot	£4.95
PURPLE = face to face class GREEN = face to face class and 4 online spaces via zoom Cost includes a £1 per month discount for paying by DD. £1 per month is added to all other payment methods					

Exciting news - we will be setting up some Nordic Walking sessions circa March 2024 – please register your interest so we can keep you informed!