

**RHL ZOOM TIMETABLE - commencing JULY 13<sup>th</sup> 2020 (version 1b)**

Important notes for members:

- Classes are all undertaken at the participants own risk
- All participants will be required to complete a PARQ form. Please note that tutors are only able to accept participants onto the class if they feel the member is safely able to participate
- Classes will not take place if the tutor is unable to deliver the class due to unforeseen or pre-arranged circumstances such as illness
- Class times include an initial ten-minute log on time

<b>TUESDAY</b>			
10am-11am	Seated Dance	Emily	
5.45pm-6.45pm	Cardiac Circuit	Heidi	
7.20pm-8.15pm	Pilates	Becky	Not suitable for beginners
<b>WEDNESDAY</b>			
11.20am-12.15pm	COPD	Linda	<b><i>NB: commences Wed 12<sup>th</sup> Aug</i></b>
<b>THURSDAY</b>			
9.20am-10.15am	Chair Pilates	Linda	Also suitable for Steady & Strong participants. <b><i>NB will change to Wednesday from 12<sup>th</sup> Aug</i></b>
10.20am-11.15am	Chair Pilates	Linda	Also suitable for Steady & Strong participants. <b><i>NB will change to Wednesday from 12<sup>th</sup> Aug</i></b>
2pm-2.45pm	Balance & Mobility	Heidi	
6pm-7pm	Pilates	Nas	Not suitable for beginners
<b>FRIDAY</b>			
12noon-12.55pm	Pilates	Jo	Not suitable for beginners

<b>ADDITIONAL CLASSES</b>		
Seated Exercise	Ali	Please contact us if you are interested in this session
Cardiac	Angela / Linda	We are looking at options for additional cardiac sessions – if you are interested please let us know and we will keep you updated
2 <sup>nd</sup> weekly Pilates	Becky	For Becky's members, there may be an option to do a 2 <sup>nd</sup> weekly class subject to available space in her existing classes (Tues 9.30am & Thurs 7.15pm)
2 <sup>nd</sup> weekly Pilates	Nas	For Nas' members, there may be an option to do a 2 <sup>nd</sup> weekly class subject to available space in her existing classes