



RHL CLASS TIMETABLE – NOVEMBER 2020

For further information or to book please email classes@rhl.org.uk

DAY	TIME	CLASS	VENUE	TUTOR	GUIDE PRICE
Mon	09:30 – 10:15	Chair Pilates	Class suspended until further notice	Linda	£16.77/month £15.77 DD
	10:30 – 11:20	Cardiac	Zoom Class - 10.00-10.50am will be replacing this class during lockdown	Linda	£19.15/month £18.15 DD
	11:30 – 12:20	Cardiac	Zoom Class - 10.00-10.50am will be replacing this class during lockdown	Linda	£19.15/month £18.15 DD
	12:35 – 13:20	Pilates	Zoom	Jo	£18.60/month £17.60 DD
	13:45 – 14:30	Pilates	Class suspended until further notice	Nas	£18.60/month £17.60 DD
Tues	10:00 – 11:00	Seated Dance	Zoom	Emily	£15/month £14 DD
	17:45 – 18:45	Cardiac Circuit	Zoom	Heidi	£15/month £14 DD
	19:20 – 20:15	Pilates	Zoom	Becky	£15/month £14 DD
Wed	09:20 – 10:15	Chair Pilates	Zoom	Linda	£15/month £14 DD
	10:20 – 11:15	Chair Pilates	Zoom	Linda	£15/month £14 DD
	11.20– 12.15	Health Circuit with Balance	Zoom	Linda	£15/month £14 DD
Thur	10:00 – 10:45	Seated Exercise	Zoom	Alison	£18.20/month £17.20 DD
	13:30 – 14:15	Mobility & Balance	Zoom	Linda	£15/month £14 DD
	18:00 – 19:00	Pilates	Zoom	Nas	£15/month £14 DD
Fri	12:00 – 12:55	Pilates	Zoom	Jo	£15/month £14 DD