



RHL CLASS TIMETABLE Face to Face Classes

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

(For Cardiac and Pulmonary classes please see separate timetable)

DAY	CLASS	TIME	TUTOR	VENUE	COST PER CLASS **
Monday	Induction Class	10:00 – 11:00 am	Claire	Cove Bowling Club	1-3 sessions FREE
Monday	Seated Exercise	11:00 – 11:45 am	Alison	St Andrew Church Hall Aldershot	£4.95
Monday	Pilates	12:45 – 13:30 pm	Jo	British Legion Farnborough	£5.40
Monday	Move it or Lose It	13:30 – 14:30 pm	Anita	Princes Hall Aldershot	£5.00
Monday	Beginners Exercise for Weight Loss	13:30 – 15:00 pm	Alison	Princes Hall Aldershot	£5.25
Monday	Pilates	18:00 – 19:00 pm	Caroline	St Andrew Church Hall Aldershot	£5.80
Tuesday	Pilates	12:00 – 12:45 pm	Giselle	Hawley & Blackwater Leisure Centre	£5.40
Tuesday	Chair Pilates	13:00 – 13:45 pm	Giselle	Hawley & Blackwater Leisure Centre	£5.25
Tuesday	Pilates	19:30 – 20:30 pm	Max	Wavell School Farnborough	£5.80
Wednesday	Pilates	10:20 – 11:05 am	Becky	Darby Green Centre Blackwater	£5.95
Wednesday	Chair Pilates	11:00 – 11:50 am	Rosalyn	St Andrews Church Hall Aldershot	£5.25
Wednesday	Chair Pilates	11:10 – 11:55 am	Becky	Darby Green Centre Blackwater	£5.85
Wednesday	Health Circuit	11:30 – 12:20 pm	Claire	Hawley Leisure Centre Blackwater	£5.95
Thursday	Seated Exercise	10.45 - 11.45 am	Alison	St Andrews Church Hall Aldershot	£4.95 £3.70
Thursday	Health Circuit	9:30 – 10.20 am	Linda	Princes Hall Aldershot	£5.95
Thursday	Pilates	18:10 – 19:00 pm	Nas	Wavell School Farnborough	£5.80
Thursday	Yoga	19:10 – 20:00 pm	Nas	Wavell - C Block Hall Farnborough	£5.80
Friday	Chair Pilates	10:00 – 10:45 am	Linda	The Traction Club Aldershot	£5.35
Friday	Pilates	12:00 – 13:00 pm	Jo	St Augustine's Church Aldershot	£5.40

GREEN = mixed face to face class and 4 online spaces via zoom - £3.50 = online class price

Brown = Health circuit classes are open to anyone who wants to improve their general fitness. They are also suitable for people with Cardiac and Pulmonary conditions who have been referred via a medical professional. See zoom timetable for online sessions.

***Subject to eligibility - please contact us for more information**

****All payments are taken monthly by Direct Debit**