



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	Parsonage Farm School Hall Farnborough	£3.90
Monday	Cardiac	09.30 –10.20	Neil	Hawley Leisure Centre, Blackwater	£5.40
Monday	Cardiac	10.30 - 11.20	Neil	Hawley Leisure Centre, Blackwater	£5.40
Monday	Pilates	12.35 - 13.20	Jo	Masonic Centre, Farnborough	£4.95
Monday	Move It or Lose It	13.35 - 14.35	Anita	Masonic Centre, Farnborough	£4.75
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	Cardiac	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	Pilates	10.30 - 11.15	Becky	Darby Green Centre Blackwater	£5.80
Wednesday	Phase IV Cardiac Rehab	10.10 - 11.00	Linda	Princes Hall Aldershot	£5.40
Wednesday	COPD	11.10 - 12.00	Linda	Princes Hall Aldershot	£4.75
Wednesday	Chair Pilates	11.15 - 12.10	Rosalyn	Church Crookham Community Centre Church Crookham	£4.75
Wednesday	Chair Pilates	11.30 - 12.15	Becky	Darby Green Centre. Blackwater	£5.50
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
Friday	Chair Pilates	09.45 - 10.30	Linda	Aldershot Traction Club Aldershot	£4.75
Friday	Phase IV Cardiac Rehab	9.30 - 10.20	Neil	Hawley Leisure Centre Blackwater	£5.40
Friday	COPD	10.40 - 11.25	Linda	The Traction Club, Aldershot	£4.75
Friday	Phase IV Cardiac Rehab	10.30 - 11.20	Neil	Hawley Leisure Centre Blackwater	£5.40
Friday	Pilates	12.00 - 13.00	Jo	St Augustine's Church, Aldershot	£4.95
Friday	COPD	12.45 -13.30	Linda	Church Crookham Community Hub (Quetta Park) Church Crookham	£4.75

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