



RHL CLASS TIMETABLE

Online Zoom 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	ZOOM Pilates	9.00 - 9.45	Jo	Online Class	£3.50
Monday	KEEP MOVING, KEEP FIT	09.30 – 10.15	Alison	Online Class	£3.82
Tuesday	ZOOM Boxfit & Conditioning*	09.30 - 10.15	Nicky	Online Class	£3.50
Tuesday	ZOOM Phase IV Cardiac Rehab	18.00 - 19.00	Heidi	Online Class	£4.50
Tuesday	Pilates	19.30 - 20.30	Becky	Wavell School, North Camp Online Class	£5.40 face to face £3.50 online
Thursday	ZOOM Health Circuit (Suitable for Cardiac & COPD)	09.15 - 10.00	Linda	Online Class	£4.00
Thursday	Zoom Chair Pilates	10.15 - 11.00	Linda	Online Class	£3.50
Thursday	Seated Exercise	10.30 - 11.30	Alison	Masonic Centre, Farnborough Online Class	£4.75 face to face £3.50 online
Friday	ZOOM Pilates	9.15 – 10.00	Jo	Online Class	£3.50
Saturday	Zoom Walking Workout	09.00 – 09.45 *	Linda	Online Class	£3.50
Saturday	Zoom Tai Chi	10.00 – 10.45	Rosalyn	Online Class	£3.50

*Classes with a * are followed by optional 15 minutes virtual coffee & chat.

BLUE = online class via zoom

GREEN = face to face class and online spaces via zoom

PLEASE NOTE cost includes a £1 per month discount for paying by Direct Debit. For all other payment methods please add £1 to the cost of the class.