

Everybody Active 2020 – NLC Class Schedule

February 2019 – June 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11am	Aqua Jogging Main Pool £1 Line Dancing Macmillan Main Hall Free	Macmillan Move More Main Hall Free	Aqua Jogging Main Pool £1	Beginners Yoga Multi-Purpose Room 4 £3	
12.15pm		Chair Aerobics Multi-Purpose Room2 £1 starting 19.02.19	Fit4u (Physical Disability) Multi-purpose Room 2 Free	Wheelie Active sessions 9.30am – 12noon and 1.30 – 2.30 Main hall Free	
12.30pm			Tai Chi Multi Purpose Room 2		
1.30pm			Fit4u Learning Disability Minor Hall Free		Sofa2Saddle WIN industrial Free
4.30pm/ 5pm depending on Tech	Dander ball Minor Hall £1	Teen fitness Main Hall £1		Teen Fitness 4pm-5pm Main Hall £1	

5pm	Special Needs Trampolining Minor Hall Free				
6pm		Walk into Health WIN Industrial Free		Sportability Swimming Main Pool- Free	
7pm	C25K St. Colman's Track			C25K St. Colman's Track	

