

Virtual Activity Sessions (161120)

Monday	Gentle Exercise	10.30-11.30
	Total Body Tone	15.30-16.30
Tuesday	Relaxation & Stretch	15.00-16.00
Wednesday	Total Body Tone	10.30-11.30
	Flexibility	12.00-13.00
	Gentle Exercise	15.30-16.30
Thursday	Gentle Exercise	10.30-11.30
	Total Body Tone	15.30-16.30
Friday	Seated Exercise	09.00-10.00
	Gentle Exercise	15.30-16.30
Saturday	Total Body Tone	10.30-11.30
	Strength & Balance	15.00-16.00

- Sessions take place using Zoom.
- All sessions must be booked in advance and any users attending without a pre-booked place will be declined entry.
- You will be sent a link to join your pre-booked session up to 2 hours before commencement of the class.
- For any assistance please call the HUB on 0207 974 3019.

These sessions are available from 16th Nov 2020. We will notify you of any changes.

Join us on our Facebook group Camden & Islington Active Health!