

## Virtual Activity Sessions (110121)

<b>Monday</b>	Gentle Exercise	10.30-11.30
	Total Body Tone	15.30-16.30
<b>Tuesday</b>	Relaxation & Stretch	15.00-16.00
	Circuit Training	19.00-20.00
<b>Wednesday</b>	Total Body Tone	10.30-11.30
	Flexibility	12.00-13.00
	Gentle Exercise	15.30-16.30
<b>Thursday</b>	Gentle Exercise	10.30-11.30
	Total Body Tone	15.30-16.30
	Circuit Training	19.00-20.00
<b>Friday</b>	Seated Exercise	09.00-10.00
	Gentle Exercise	15.30-16.30
<b>Saturday</b>	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!**