

Harrow Leisure Centre

Health studio programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 09:00						Women Only	Women Only
08:00 - 11:00			Women Only	Women Only	Women Only		
09:00 - 10:00						Private Hire	
09:00 - 11:00		Women Only	Over 55s				
09:00 - 12:00	Women Only						
10:00 - 12:00							Family & Junior Active
10:00 - 12:00						Women Only	
11:00 - 12:00	Exercise on Referral	Exercise on Referral	Exercise on Referral		Exercise on Referral		
12:00 - 13:00	Exercise on Referral	Women Only	Private Hire	Private Hire		Over 55s	
12:00 - 14:00						Family & Junior Active	
13:00 - 14:00	Over 55s	Exercise on Referral			Over 55s		
14:00 - 15:00		Cardiac Rehab					
14:30 - 15:30					Private Hire		
16:00 - 18:00	Junior Active	Junior Active	Junior Active	Junior Active	Junior Active		
18:00 - 20:00					Women Only		
18:00 - 21:00	Women Only	Women Only	Women Only	Women Only			
20:00 - 21:00					Men Only		