

Ealing 50+ Programme

Everyone Active Acton Centre

DAY	SESSION	TIME
Monday	Aqua	09.30-10.25
Monday	Pilates	09.00-10.00
Monday	Pilates	10.30-11.30
Monday	Dance Fitness	10.40-11.25
Monday	Supervised Gym	11.00-12.00
Tuesday	Forever Fit	10.30-11.15
Tuesday	Forever Fit	11.20-12.10
Tuesday	Aqua	20.00-20.55
Wednesday	Pilates	10.30-11.25
Wednesday	Choice Circuits	10.45-11.40
Wednesday	Supervised Gym	11.00-12.00
Wednesday	Aqua	19.30-20.25
Thursday	Yoga (womens only)	09.30-10.25
Thursday	Zumba Gold	10.30-11.30
Thursday	Yoga	10.40-11.35
Thursday	Aqua (womens only)	19.30-20.25
Friday	Yoga	09.20-10.50
Friday	Supervised Gym	11.00-12.00
Friday	Forever Fit	13.00-13.55
Saturday	Aqua Aerobics	08.05-08.50

Timetable correct as of July 2018