

Day of the week	Course title	start date	end date	start and end time	course code	location
Monday	Circuit Training (Level 2)	20/09/2021	29/11/2021	09:45 - 11:30	AW1040	MAC
Monday	General Circuit training	20/09/2021	29/11/2021	10:00 - 11:30	AW1050	MAC
Monday	Yoga (online course)	20/09/2021	29/11/2021	08:00 - 09:00	AW1180	ONLINE
Monday	Pilates (online course)	20/09/2021	29/11/2021	12:00 - 13:00	AW1330	ONLINE
Monday	Dance mix	20/09/2021	29/11/2021	13:05 - 14:05	AW1516	MAC
Monday	Yogalates (online course)	27/09/2021	06/12/2021	09:00 - 10:30	AW1517	ONLINE
Monday	Be good to your back	20/09/2021	29/11/2021	11:45 - 12:45	AW1801	MAC
Tuesday	Gentle Keep Fit/Falls Prevention	21/09/2021	30/11/2021	10:00 - 11:00	AW1090	VPCC
Tuesday	Pilates beginners/improvers	21/09/2021	30/11/2021	12:00 - 13:00	AW1132	WR
Wednesday	Circuit Training (Level 2)	22/09/2021	01/12/2021	09:30 - 11:00	AW1060	MAC
Wednesday	Pilates beginners/improvers (online course)	22/09/2021	01/12/2021	11:00 - 12:00	AW1135	ONLINE
Wednesday	Gentle yoga and meditation (online course)	22/09/2021	01/12/2021	15:15 - 16:45	AW1183	ONLINE
Wednesday	Yoga (online course)	22/09/2021	01/12/2021	09:30 - 11:30	AW1190	ONLINE
Wednesday	Zumba Gold	22/09/2021	01/12/2021	12:00 - 13:00	AW1515	MAC
Wednesday	Be good to your back (online course)	22/09/2021	01/12/2021	12:15 - 13:15	AW1800	ONLINE
Thursday	Breathe better circuit (online course)	30/09/2021	09/12/2021	11:55 - 13:10	AW1025	ONLINE

Thursday	Senior total body workout	23/09/2021	02/12/2021	13:30 - 15:00	AW1061	WR
Thursday	Exercise after stroke (online course)	30/09/2021	09/12/2021	10:30 - 11:45	AW1270	ONLINE
Thursday	Exercise for the prevention and rehabilitation of osteoporosis	23/09/2021	02/12/2021	11:40 - 12:40	AW1450	MAC
Thursday	Exercise for the prevention and rehabilitation of osteoporosis (online course)	23/09/2021	02/12/2021	12:45 - 13:45	AW1453	ONLINE
Thursday	Balance, strength and stability	23/09/2021	02/12/2021	10:30 - 11:30	AW1600	MAC
Thursday	Cardiac rehab Phase IV (online course)	23/09/2021	02/12/2021	09:00 - 10:15	AW1885	ONLINE
Friday	Pilates Beginners / Intermediate	24/09/2021	03/12/2021	15:00 - 16:00	AW1130	MAC
Friday	Pilates Beginners / Intermediate	24/09/2021	03/12/2021	14:00 - 15:00	AW1131	MAC
Friday	Pilates beginners/improvers	24/09/2021	03/12/2021	12:00 - 13:00	AW1133	WR
Friday	Complete Body Workout	24/09/2021	03/12/2021	10:30 - 12:00	AW1755	MAC
Saturday	Yogalates (online course)	02/10/2021	11/12/2021	09:00 - 10:30	AW1235	ONLINE