

Ealing 50+ Programme

Northolt Leisure Centre

DAY	SESSION	TIME
Monday	Supervised Gym	09.30-10.25
Monday	Bowls	10.00-12.00
Monday	Pilates	10.30-11.25
Monday	Swimming Lessons (Young at Heart)	11.00-12.00
Monday	Keep Fit	11.30-12.25
Tuesday	Aqua	12.10-12.55
Tuesday	Supervised Gym	12.30-13.25
Tuesday	Table Tennis	14.00-16.00
Tuesday	Bowls	14.00-16.00
Tuesday	Aqua Shallow	19.15-20.00
Wednesday	Pilates	10.30-11.25
Wednesday	Swimming Lessons (Young at Heart)	11.00-12.00
Wednesday	Keep Fit	11.30-12.25
Wednesday	Aqua	13.00-13.55
Wednesday	Supervised Gym	13.00-13.55
Thursday	Aqua	08.00-08.45
Thursday	Beginners Yoga	10.00-11.30
Thursday	General Yoga	11.30-12.25
Thursday	Keep Fit	11.30-12.25
Thursday	Pilates	13.00-13.55
Thursday	Supervised Gym	14.00-14.55
Thursday	Aqua Shallow	19.15-20.00
Friday	Aqua	09.40-10.35
Friday	Pilates	10.30-11.25
Friday	Aqua	12.15-13.00
Friday	Zumba	13.00-13.55
Friday	Supervised Gym	13.00-13.55
Saturday	Aqua Shallow	08.10-08.55
Sunday	Yoga	11.00-12.25

Timetable correct as of July 2018

Please check www.everyoneactive.com for any timetable changes.