



DAY	CLASS/ACTIVITY	TIME	VENUE	COST
MONDAY	SPD RUNNING CLUB	7.15PM	PEAK FITNESS WOKING	FREE
TUESDAY	YOGA	7.30PM	LANCASTER HALL, SEND	£6
WEDNESDAY	SPD RUNNING CLUB	5.45AM (WEATHER PERMITTING)	SUNSHINE CLINIC CAR PARK, SEND	FREE
WEDNESDAY	KEEP FIT TOGETHER (SENIOR CLASS)	10.30AM (TERM TIME ONLY)	CHURCH ROOMS SEND	£5
THURSDAY	SPD RUNNING AND WALKING CLUB	7.30PM	SEND SHOPS, SEND	FREE
FRIDAY	YOGA	9.45AM (TERM TIME ONLY)	LANCASTER HALL, SEND	£6
SATURDAY	FIGHT CLUB	7.30AM	SEND CHURCH ROOMS, SEND	6 WEEK COURSE £30
SATURDAY	POWER HOUR	9AM	SEND CHURCH ROOMS, SEND	£6
SATURDAY STARTING JUNE 2016	BEACH FIT CIRCUITS	12.30PM	SEND CHURCH ROOMS, SEND	6 WEEK COURSE (FITNESS PROGRAMMES PROVIDED)
SATURDAY STARTING NOV 2016	SKI-FIT WINTER WORKOUT	4.15PM	SEND CHURCH ROOMS, SEND	6 WEEK COURSE
SUNDAY	SPD RUNNING AND WALKING CLUB	9AM	SUNSHINE CLINIC CAR PARK, SEND	FREE