

Wellbeing room classes

Monday

Yoga 1-2pm

Mindful activities
12-1pm

Tuesday

Head & shoulders massage*
11.45 - 12.45pm

Yoga 1-2pm

Mindful activities
12-1pm

Wednesday

Pilates 12-1pm

Core Power 4-5pm

Yoga 5.30-6.30pm

Fitness and Recreation

Thursday

Stretch/Mindfulness
12-12.45pm

Pilates 1-1.45pm

Women's only session
4-5pm

Friday

Stretch/Mindfulness
1-2pm

Mindful activities
12-2pm

Head & shoulders massage*
4 - 4.45pm

* currently only available to staff.
Turn up to book your 10 minute
slot.