

Chilterns MS Centre Timetable – March 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am					8am Early Bird Standing Exercise Class - Zoom
9am	9am Seated Stretch – all abilities - Zoom				
10am	10am ½ & ½ Exercise - Zoom	9:30am ½ & ½ Exercise Class - Zoom	9:30am Standing balance Class - Zoom	9:30am Seated Exercise Class - Zoom	9:30am ½ & ½ Exercise Class - Zoom
11am	11am Weight Management - Zoom				11am Mat based core class - Zoom
12pm					
1pm	1pm Standing Balance Class - Zoom	1pm Mat Yoga- Zoom	12.30pm Virtual Bingo/Quiz -	1pm ½ & ½ Exercise – Zoom	1pm Standing Exercise Class - Zoom
2pm		2pm Seated Yoga-Zoom			
3pm			2.30pm Standing strength Zoom	2:30pm Seated Stretch – all abilities - Zoom	
4pm					
5pm					