

Day	Session	Time	Venue
Monday	Active Rehabilitation	11 - 11.45am	Inspire2tri
	Health and Wellbeing (gym)	11 - 11.45am	Uppingham School Sports Centre
	Physio Led Pilates	12.30 - 1.30pm	Active Rutland Hub
	Steady Steps Advanced	2 - 3pm	Inspire2tri
	Walking Football	12.30 - 1.30pm	Catmose Sports Centre
Tuesday	Gxfit	9 - 9.30am	Catmose Sports Centre
	Walking Netball	10 - 11am	Catmose Sports Centre
	Active Rehab Advanced	11.20 - 12pm	Inspire2tri
	Steady Steps Advanced	12.30 - 1.30pm	Active Rutland Hub
	Cardiac Rehab	1.30 - 2.30pm	Catmose Sports Centre
	Physio Led Pilates Advanced	2 - 3pm	Active Rutland Hub
Wednesday	Gymfit	9 - 9.45am	Catmose Sports Centre
	Active Rehab	11 - 12pm 12 - 1pm	Inspire2tri
	Walking Football	5.30 - 6.30pm	Catmose Sports Centre
	Cardiac Rehab	1.30 - 2.30pm	Inspire2tri
Thursday	Steady Steps Advanced	10.15 - 11.15 am 11.45 - 12.45pm	Active Rutland Hub
	Health and Wellbeing (gym)	11 - 11.45am	Uppingham School Sports Centre
	Physio Led Active Rehab	1.30 - 2.30pm	Active Rutland Hub
	Steady Steps	1.45 - 2.45pm	Inspire2tri
	Cardiac / Cancer Rehab	6 - 7pm	Catmose Sports Centre
	Steady Steps Beginners	9.15 - 10am	Gym4Tots
Friday	Pilates Beginners	11 - 12pm	Active Rutland Hub
	Steady Steps Advanced	11 - 12pm	Inspire2tri
	Walking Football	12.30 - 1.30pm	Catmose Sports Centre
	Active Rehab	12.30 - 1.30pm	Inspire2tri