



# Sessions Timetable

Mon	Tues	Wed	Thurs	Fri
<b>Wellness Hub</b> (The Arc, Clowne) 9-10am	<b>Wellness Hub</b> (The Arc, Clowne) 9-10am		<b>Wellness Hub</b> (The Arc, Clowne) 9-10am Cardiac Rehab	<b>Wellness Hub</b> (The Arc, Clowne) 9-10am
<b>Chair Based</b> (The Arc, Clowne) 10-11am	<b>Chair Based</b> (Welbeck Road, Bolsover) 10-11am	<b>Chair Based</b> (The Arc, Clowne) 10-11am	<b>Chair Based</b> (The Arc, Clowne) 10-11am	<b>Chair Based</b> (Whitwell) 9:45-10:45am
<b>Post Natal</b> (The Arc, Clowne) 11am-12pm	<b>Wellness Hub</b> (The Arc, Clowne) 10:30-11:30am Cancer Rehab			<b>Chair Based</b> (Pinxton) 10-11am
<b>Low Impact Circuits</b> (The Arc, Clowne) 11am-12pm			<b>Low Impact Circuits</b> (The Arc, Clowne) 11am-12pm	<b>Cardiac Rehab</b> (Welbeck Road) 11am-12pm/12- 1pm
<b>Cardiac Rehab</b> (The Arc, Clowne) 1-2pm and 2-3pm	<b>Wellness Hub</b> (The Arc, Clowne) 1-2pm	<b>Wellness Hub</b> (The Arc, Clowne) 1-2pm	<b>Wellness Hub</b> (The Arc, Clowne) 1-2pm	<b>Wellness Hub</b> (The Arc, Clowne) 11-12pm Covid/ Pulmonary
<b>Wellness Hub</b> (The Arc, Clowne) 1-2pm Musculo- skeletal/arthritis	<b>Low Impact Circuits</b> (Shirebrook) 1-2pm			<b>Chair Based</b> (Tibshelf) 1-2pm
<b>Wellness Hub</b> (The Arc, Clowne) 2:30-3:30pm		<b>Wellness Hub</b> (The Arc, Clowne) 3:30-4:30pm		

For more information call  
**01246 242453**

