



Sessions Timetable

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

For more information call
01246 242453

