

SHINE Timetable - from May 17th 2021

MONDAY

| | |
|-----------------------------------|---------------|
| Tai Chi | 11am |
| Loddon Valley | 12pm |
| Standing Exercise to Music | 12pm |
| St Crispins Leisure Centre | |
| Zumba Gold | 2pm |
| Bulmershe Leisure Centre | |
| Pilates | 2.15pm |
| Loddon Valley Leisure Centre | |
| Pure Stretch | 3.15pm |
| Loddon Valley Leisure Centre | |
| Fitsteps | 3pm |
| Bulmershe Leisure Centre | |

TUESDAY

| | |
|------------------------------|----------------|
| Pilates | 10.15am |
| St Crispins | 11.15am |
| Aquafit | 11.15am |
| Bulmershe Leisure Centre | |
| Zumba Gold | 12.45pm |
| St Crispins | 13.45pm |
| Pilates | 2.30pm |
| Loddon Valley Leisure Centre | |
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WEDNESDAY

| | |
|------------------------------|---------------|
| Line Dancing | 12pm |
| Loddon Valley Leisure Centre | |
| Tai Chi | 12pm |
| Bulmershe Leisure Centre | |
| Line Dancing | 2.30pm |
| St Crispins Leisure Centre | |
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THURSDAY

| | |
|------------------------------|----------------|
| Tai Chi | 8am |
| Loddon Valley Leisure Centre | |
| Pilates | 10am |
| St Crispins | 11am |
| Aquafit | 11.15am |
| Bulmershe Leisure Centre | |
| Forever Jhoom | 1.45pm |
| St Crispins Leisure Centre | |
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FRIDAY

| | |
|-------------------------------|----------------|
| Aquafit | 10.30am |
| Loddon Valley Leisure Centre | |
| Zumba Gold | 11am |
| Loddon Valley Leisure Centre | |
| Pilates | 11am |
| St Crispins | 12pm |
| Tennis | 1.30pm |
| (1hr) GD Tennis, Cantley Park | |
| Latino | 2pm |
| Loddon Valley Leisure Centre | |
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All Classes are 45 minutes unless stated otherwise

To become a member head to
www.wokingham.gov.uk/SHINE

COVID GUIDELINES

Do not attend if you or someone you live with are currently experiencing any of the following :

- High Temperature
- A new or continuous cough
- A loss of, or change to your sense of smell or taste

Please ensure you follow current social distancing guidelines.

VENUES

- Loddon Valley Leisure Centre
Rushey Way, Lower Earley, RG6 4GD
- St Crispins Leisure Centre
London Road, Wokingham, RG40 1SS
- Bulmershe Leisure Centre
Woodlands Avenue, Woodley, RG5 3EU