



Phase IV – Circuit class timetable

Day	Venue	Time	Instructor	Contact number
Monday	Wycombe Sports Centre	11:00am-12:00pm	Jo	01494 688 100
	Wendover MS Centre	1:00pm-2:00pm	Gisele	07776 130 630
Tuesday	Ward 4A, Wycombe Hospital	7:00pm-8:00pm	Gisele	07776 130 630xfbcfxh
Wednesday	Chesham Leisure Centre	9:30am-10:30am	Justin	07816 138 421
	Wycombe Sports Centre	1:30pm-2:30pm SEATED	Jo	01494 668 8100
	Ward 4A, Wycombe Hospital	3:45pm-4:45pm	Andrea	01494 732 291
Thursday	Wycombe Sports Centre	11:00am-12:00am	Aaron	01494 688 100
	Wycombe Sports Centre	12:00pm-1:00pm	Hannah	01494 688 100
	Beacon Centre, Holtspur	1:15-pm-2:15pm SEATED	Jo	07816 138 421
	Wendover MS Centre	1:00pm-2:00pm	Gisele/Jess	07776 130 630
	Ward 4A, Wycombe Hospital	7:00pm-8:00pm	Justin	07816 138421
Friday	Sprinter, Prestwood	11:00am-12:00pm	Jo	07816 138 421
	Thame Leisure Centre	1:00pm-2:00pm	Polly	07816 138 421
	Olympic Lodge	11:30am-12:30pm	Matt / Andrea	01494 732 291



Phase IV – Gym timetable

Day	Venue	Time	Instructor	Contract number
Monday	Wycombe Sports Centre	11:00am-12:00pm	Aaron	01494 688 100
	Wycombe Sports Centre	12:00pm-1:00pm	Lindsey	01494 688 100
	Beacon Centre, Holtspur	11:45am-12:45pm	Hannah	07816 138 421
Tuesday	G.C Leisure Centre	9:00am-12:30pm	Jenny	07816 138 421
	Chalfont Leisure Centre	10:00am-12:00pm	Lindsey	07816 138 421
	Chiltern leisure centre	9:00am-12:00pm	Hannah	07816 138 421
	Sprinters, Prestwood	2:00pm-3:00pm	Hannah	07816 138 421
	Chesham Leisure Centre	2:00pm-4:00pm	Justin	07816 138 421
Wednesday	Chesham Leisure Centre	9:30am-10:30am	Justin	07816 138 421
	Wycombe Sports Centre	7:30pm-8:30pm	Gary/John	01494 688 100
Thursday	Wycombe Sports Centre	11:00am-12:00pm	Hannah	01494 688 100
	Wycombe Sports Centre	12:00pm-1:00pm	Aaron	01494 668 100
	Beacon Centre, Holtspur	2:00pm-3:00pm	Lindsey	07816 138 421
Friday	Chalfont Leisure Centre	9:00am-11:00am	Gay	07816 138 421
	Chesham Leisure Centre	10:00am-12:00pm	Hannah	07816 138 421