

Therapy Timetable from June 2026

Book therapies via
Reception on 01227 470876



Monday	Tuesday	Wednesday	Thursday	Friday
Oxygen Therapy Between 8.30am and 4.30pm	Oxygen Therapy Between 8.30am and 4.30pm	Oxygen Therapy Between 8.30am and 4.30pm	Oxygen Therapy Between 8.30am and 8pm	Oxygen Therapy Between 8.30am and 4.30pm
Physiotherapy Between 9.15am and 1pm	Physiotherapy Between 9.15am and 3.15pm	Physiotherapy Between 9.15am and 4pm	Physiotherapy Between 9.30am and 4pm	Physiotherapy 1.30-3.45pm
Gym and Fitness Between 9.30am and 1pm	Gym Between 9am and 2.45pm	Gym Between 9am and 12pm	Gym and Fitness 9am-3.45pm	Gym and Fitness Between 9.15am and 4pm
Massage/Reflexology Between 10am and 4.15pm	Massage/Reflexology Between 9.30am and 2.30pm	Massage/Reflexology Between 9.45am and 4.15pm	Massage/Reflexology Between 10am and 6.15pm	Massage/Reflexology Between 9am and 3.45pm
Aqua Yoga 9am, 10am and 11am	Counselling with Delyse 9am-1pm Fixed charges apply.	Aqua Yoga 9am, 10am and 11.15am	Aquatic Therapy Between 9am and 4pm	Counselling with Delyse 9am and 4.30pm Fixed charges apply.
Acupuncture Between 9.30am and 3.45pm	Aqua Circuits 9am and 10am (spinal and stroke) 10am and 11am (MS) 11am and 12pm (Parkinson's)	Podiatry Alternate weekly 10am-3.15pm Fixed charges apply.	APS Therapy Between 9.45am and 1.45pm	Aquatic Therapy Between 9am and 4pm
Strength in Unity Support Group 11am-1pm	APS Therapy Between 12.15pm and 3.15pm	Limited Aquatic Therapy Between 12.30pm and 2.15pm		Upper Limb Class 9.15-10.15 (advanced) 10.15-11.15 (rehab)
Art Group 11am to 12pm	Strength in Unity Support Group 11.30am-1.30pm	Yoga 1pm (seated) 2pm (seated/mat based)		Pilates 11.30am (seated) 12.30pm (mat based)
Seated Pilates 1.30-2.30pm	Aquatic Therapy Between 1.30pm and 4pm			
Limited Aquatic Therapy Between 2.15pm and 4pm	Skylarks Singing Group Alternate weeks at 2pm			

Gym Timetable

From June 2026

All sessions subject to change.



Monday Open access session	Tuesday	Wednesday	Thursday	Friday Open access session
Circuits 9-9.45am	Gym 9.00-9.45am	Gym 9.00-9.45am	Gym 9.00-9.45am	Gym 9.15-10.00am
Boxfit 9.45-10.15am	Gym 9.45-10.30am	Gym 9.45-10.30am	Gym 9.45-10.30am	HIIT 10.00-10.30am
Seated Boxfit 10.15-10.45am	Gym 10.30-11.15am	Gym 10.30-11.15am	Gym 10.30-11.15am	Gym 10.45-11.15am
Gym 10.45-11.30am	Gym 11.15am-12.00pm	Gym 11.15am-12.00pm	Balance Warrior 10.30-11.15am	Gym 11.30-12.15pm
Balance Warrior 11.30-12.15pm	Gym 12-12.45pm		Seated Boxfit 11.30am-12.10pm	Stretch 'n' Flex 12.15-12.45pm
Gym 12.15-1.00pm	Gym 1:1 1.15-2pm		Gym 12.15-1pm	Gym 1.45-2.30pm
	Gym 1:1 2-2.45pm		Circuit Class 1.30-2.15pm (beginner) 2.15-3pm (advanced)	Regulate and Rhythm 2.30-3.15pm
	Gym 1:1 2.45-3.30pm		Gym 3-3.45pm	Gym 3.15-4pm