

| Day       | Time          | Activity                  | Venue                          | District    | Instructor |
|-----------|---------------|---------------------------|--------------------------------|-------------|------------|
| Monday    | 10.00 - 11.00 | Pre-Ffit                  | Rampton Village Hall           | South Cambs | Hannah     |
| Monday    | 11.15 - 12.15 | Pre-Ffit                  | Rampton Village Hall           | South Cambs | Hannah     |
| Monday    | 11.40 - 12.40 | Pilates                   | Trumpington Pavilion           | City        | Ines       |
| Monday    | 12.15 - 13.15 | Strength & Balance        | Comberton Baptist Church       | South Cambs | Marlene    |
| Monday    | 12.30 - 13.30 | Pre-Ffit                  | Chesterton Methodist Church    | City        | Rebecca    |
| Monday    | 12.45 - 13.45 | Pilates                   | Trumpington Pavilion           | City        | Ines       |
| Monday    | 13.15 - 14.15 | Strength & Balance        | Mandeville Hall, Burwell       | East Cambs  | Helen      |
| Monday    | 13.30 - 14.30 | Strength & Balance        | Over, St Mary's Church Hall    | South Cambs | Hannah     |
| Monday    | 14.00 - 15.30 | Re-Ffit                   | Chesterton Methodist Church    | City        | Rebecca    |
| Monday    | 14.00 - 15.00 | Strength & Balance        | Arbury Com. Centre             | City        | Davina     |
| Monday    | 14.45 - 15.45 | Strength & Balance        | Over, St Mary's Church Hall    | South Cambs | Hannah     |
| Monday    | 15.15 - 16.15 | Exercise to Music         | Arbury Com. Centre             | City        | Sabrina    |
| Monday    | 15.45 - 16.45 | Strength & Balance        | Home                           | Online      | Davina     |
| Tuesday   | 09.30 - 11.00 | Re-Ffit                   | Little Thetford Village Hall   | East Cambs  | Helen      |
| Tuesday   | 09.30 - 10.30 | Strength & Balance        | All Saints Com. Hall Melbourn  | South Cambs | Steph      |
| Tuesday   | 09.45 - 10.45 | Yoga (Intermediate level) | Meadows Com. Centre            | City        | Sabrina    |
| Tuesday   | 10.00 - 11.00 | Exercise to Music         | Kelsey Kerridge Sports Centre  | City        | Carrie     |
| Tuesday   | 10.00 - 11.00 | Strength & Balance        | Chesterton Pavilion            | City        | Rebecca    |
| Tuesday   | 10.00 - 11.00 | Strength & Balance        | Barnwell Baptist Church        | City        | Anne       |
| Tuesday   | 10.30 - 11.30 | Strength & Balance        | William Collyn Centre          | South Cambs | Fred       |
| Tuesday   | 10.45 - 11.45 | Strength & Balance        | All Saints Com. Hall Melbourn  | South Cambs | Steph      |
| Tuesday   | 11.00 - 12.00 | Yoga (beginners level)    | Meadows Com. Centre            | City        | Sabrina    |
| Tuesday   | 11.30 - 12.30 | Pre-Ffit                  | Mandeville Hall, Burwell       | East Cambs  | Helen      |
| Tuesday   | 12.00 - 13.30 | Re-Ffit                   | All Saints Com. Hall Melbourn  | South Cambs | Steph      |
| Tuesday   | 12.15 - 13.15 | Pre-Ffit                  | Meadows Com. Centre            | City        | Marlene    |
| Tuesday   | 12.30 - 13.30 | Yoga                      | Home                           | Online      | Sabrina    |
| Tuesday   | 12.30 - 13.30 | Strength & Balance        | Chesterton Methodist Church    | City        | Rebecca    |
| Tuesday   | 12.45 - 14.15 | Re-Ffit                   | Mandeville Hall, Burwell       | East Cambs  | Helen      |
| Tuesday   | 14:00 - 15:30 | Re-Ffit                   | Brown's Field Community Centre | City        | Rebecca    |
| Wednesday | 09.00 - 10.00 | Strength & Balance        | Newnham Social and Sports club | City        | Rebecca    |
| Wednesday | 10.00 - 11.00 | Strength & Balance        | Home                           | Online      | Sabrina    |
| Wednesday | 10.00 - 11.00 | Outdoor Fitness           | Trumpington Pavilion           | City        | Davina     |

| Day       | Time          | Activity                                       | Venue                           | District    | Instructor |
|-----------|---------------|--|---------------------------------|-------------|------------|
| Wednesday | 10.15 - 11.15 | Strength & Balance                             | Ely Library Community Room      | East Cambs  | Helen      |
| Wednesday | 10.15 - 11.00 | Strength & Balance                             | Newnham Social and Sports club  | City        | Rebecca    |
| Wednesday | 11.30 - 12.30 | Strength & Balance                             | Ely Library Community Room      | East Cambs  | Helen      |
| Wednesday | 11:45 - 13:15 | Re-Ffit  | Hauxton Centre                  | South Cambs | Davina     |
| Wednesday | 13.45 - 14.45 | Pre-Ffit                                       | William Collyn Centre           | South Cambs | Lorraine   |
| Thursday  | 10.00 - 11.30 | Re-Ffit  | Nightingale Pavilion            | City        | Carrie     |
| Thursday  | 10.15 - 11.00 | Fit Steps Chair : seated dance class           | Papworth Village Hall           | South Cambs | Lynne      |
| Thursday  | 10.45-11.45   | Strength & Balance                             | Little Downham Village Hall     | East Cambs  | Adele      |
| Thursday  | 11.15 - 12.00 | Broadway Boogie Encore: low impact dance class | Papworth Village Hall           | South Cambs | Lynne      |
| Thursday  | 11.15 - 12.15 | Pre-Ffit                                       | Hills Road Sports Centre        | City        | Marlene    |
| Thursday  | 12.00-13.00   | Pilates  | Little Downham Village Hall     | East Cambs  | Adele      |
| Thursday  | 13.30 - 15.00 | Re-Ffit  | The Paradise Centre, Ely        | East Cambs  | Helen      |
| Friday    | 10.00 - 11.00 | Pre-Ffit                                       | Bar Hill Church Hall            | South Cambs | Hannah     |
| Friday    | 10.15 - 11.15 | Strength & Balance                             | The Swifts, Fulbourn            | South Cambs | Rebecca    |
| Friday    | 11.20 - 12.20 | Strength & Balance                             | Bar Hill Church Hall            | South Cambs | Hannah     |
| Friday    | 12.00 - 13.00 | Exercise to Music                              | Meadows Com. Centre             | City        | Marlene    |
| Friday    | 12.00 - 13.00 | Exercise to Music                              | Trumpington Village Hall        | City        | Sabrina    |
| Friday    | 12.00 - 13.00 | Strength & Balance                             | St. Andrew's Hall Cherry Hinton | City        | Rebecca    |
| Friday    | 13:00 - 14:00 | Strength & Balance                             | Meadows Community Centre        | City        | Marlene    |