



SENIOR

KEEP FIT

TIMETABLE

MONDAY:

17:00 – 17:40 Online Zoom Keep Fit (Home)

TUESDAY:

11:30 – 12:05 Online Pure Stretch (Home)

12:30 – 13:30 Senior Circuits (Eden Park)

14:00 – 15:00 Strength & Conditioning (Norman Park)

WEDNESDAY:

11:30 – 12:10 Online Zoom Keep Fit (Home)

15:15 – 16:15 Senior Circuits (Eden Park)

THURSDAY:

12:30 – 13:30 Strength & Conditioning (The Warren)

14:30 – 15:30 Senior Circuits (Orpington)

SATURDAY:

10:20 – 11:00 Online Pilates (Home)

WALKING GROUP – EVERY 6 WEEKS (around Kent)

Visit: [MarksFitnessPT.co.uk](https://www.MarksFitnessPT.co.uk) for more information

Email mark to set up your membership on MarkGoldsmith@live.co.uk