

Moving Well: Thistle classes and bookable gym sessions April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
9am -10am Independent Gym session Thistle Gym	9am -10am Independent Gym session Thistle Gym		9am -10am Independent Gym session Thistle Gym	No activities
10.30am-11.30am Supervised Gym session Thistle Gym	10.30am-11.30am Supervised Gym session Thistle Gym	No activities AM	10.30am-11.30am Supervised Gym session Thistle Gym	
2pm Online Qi Gong Class Zoom	1pm Online Tai Chi class Zoom	1pm-2pm Supervised Gym session Thistle Gym	1pm-2pm Supervised Gym session Thistle Gym	
3pm-4pm Supervised Gym Session Thistle Gym	2pm Cycling/Walking Group* Outside Centre of Wellbeing	2.30pm-3.30pm Independent Gym session Thistle Gym	2.30pm-3.30pm Independent Gym session Thistle Gym	

*Contact reception for information on Cycling/Walking Group

All sessions must be booked in advance.

To book, please contact our reception team on 0131 661 3366 or email reception@thistle.org.uk

