

PHYSICAL ACTIVITY PROGRAMME 2021

JANUARY					FEBRUARY					MARCH				
Mon	Tues	Wed	Thurs	Fri	Mon	Tues	Wed	Thurs	Fri	Mon	Tues	Wed	Thurs	Fri
					1	2	3	4	5	1	2	3	4	5
					8	9	10	11	12	8	9	10	11	12
18	19		21	22	15	16	17	18	19	15	16	17	18	19
25	26	27	28	29	22	23	24	25	26	22	23	24	25	26


High Intensity Impact Training
 Gill Penfold
 Fridays - 11.00am


Yoga
 Helen Singleton
 Mondays - 11.00am
 Wednesdays - 6.00pm


Wheelchair Based Exercise
 Ella Beaumont
 Tuesdays - 6.00pm


Stretching
 Bob Smith
 Mondays - 12.30pm
 Thursdays - 5.00pm


Callanetics
 Gill Penfold
 Fridays - 11.00am

[Book online here](#)

For more information please contact admin@scottishdisabilitysport.com / 0131 317 1130