

Christmas Programme 2018

27 December – 3 January



Date	Time	Session	Venue
Thurs 27 Dec	10-11am	Women's Only Circuits with Rania	Normanton Community Hall
	11.30am-12.30pm	Low Impact Crimbo Circuits with Sufyaan	Springwood Leisure Centre
	1.30-3pm	Allestree Park walk with Cathy & Rania	Allestree Park main car park
	3-4pm	Drop in with Darminder (Stop Smoking and Weight Management)	The Council House
	4.30-5.15pm	Santa Spin with Stephen	Springwood Leisure Centre
	5.30-6.30pm	Jingle Jog with Stephen	Springwood Leisure Centre
	6-7pm	Drop in with Sufyaan (Stop Smoking and Weight Management)	Springwood Leisure Centre
Fri 28 Dec	9-10am	Drop In with Andy (Stop Smoking and Weight Management)	Mackworth Youth & Community Centre
	10-10.45am	Cracking Kettlebells with Sufyaan and Andy	Mackworth Youth & Community Centre
	11-11.45am	Jingle Jog with Dawn and Kellie	Mackworth Youth & Community Centre
	11am-12pm	Markeaton Park Walk with Sufyaan and Andy	Mackworth Youth & Community Centre
	1.30-2.15pm	Blitzen Boxing with Sufyaan and Andy	Mackworth Youth & Community Centre
	2-3pm	Drop in with Darminder (Stop Smoking and Weight Management)	Derby Arena
	2.30-3.15pm	Turkey, Tummy & Tone with Sufyaan and Andy	Mackworth Youth & Community Centre
	3.30-4.30pm	Drop in with Sufyaan (Stop Smoking and Weight Management)	Mackworth Youth & Community Centre
Mon 31 Dec	10-11am	Drop In with Sufyaan (Stop Smoking and Weight Management)	The Council House
	11-12.30pm	Elvaston Castle walk with Cathy	Elvaston Castle main car park
	2-2.45pm	Crimbo Circuits with Andy	Springwood Leisure Centre
	2-3pm	Drop in with Darminder (Stop Smoking and Weight Management)	Springwood Leisure Centre
Weds 2 Jan	12-1pm	Drop In with Sufyaan (Stop Smoking and Weight Management)	The Council House
	6-7pm	Drop in with Darminder (Stop Smoking and Weight Management)	Springwood Leisure Centre
Thurs 3 Jan	Normal Livewell service resumes		