

# LIVE IT

## TIMETABLE



DERBY  
COUNTY  
COMMUNITY  
TRUST

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
4:30pm - 5:45pm	Family Fitness	Sara, Ben and Rainy	Willows Sports Centre, DE1 3NY (Booking Only)

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
Sent via Email	Tuesday Challenge	Sara	Sent via Email
3:30pm - 4:45pm	Gym Sessions	Ben	Derby Arena, DE24 8JB (Booking Only)

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
3:30pm - 4:45pm	Gym Sessions	Ben	Derby Arena, DE24 8JB (Booking Only)
5:00pm - 5:30pm	Virtual Pit Stop	Sara and Rainy	Meeting ID: 810 3694 9175 Password: 784563

JOIN HERE

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
4:15pm - 5:00pm	Virtual Family Fitness	Sara	Meeting ID: 862 6520 5777 Password: 654850

JOIN HERE

For more information or to book onto any of our sessions please email [sara.adcock@dcct.co.uk](mailto:sara.adcock@dcct.co.uk) or call 01332 416140