

Wendover Health Centre Timetable: Forever Cycling and Seated exercise

Location: Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD

| Date and Time | Session |
|---|------------------------|
| Wednesday 15th May 1:15-2:15 pm | Forever Cycling |
| Wednesday 22nd May 1:15-2:15 pm | Seated exercise |
| Wednesday 29th May 1:15-2:15 pm | Forever Cycling |
| Wednesday 5th June (No session running) | Seated exercise |
| Wednesday 12th June 1:15-2:15 pm | Forever Cycling |
| Wednesday 19th June 1:15-2:15 pm | Seated exercise |
| Wednesday 26th June 1:15-2:15 pm | Forever Cycling |
| Wednesday 3rd July 1:15-2:15 pm | Seated exercise |
| Wednesday 10th July (No session running) | Forever Cycling |
| Wednesday 17th July 1:15-2:15 pm | Seated exercise |



Community Board
Wendover and
Villages

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| Wednesday 24th July 1:15-2:15 pm | Forever Cycling |
| Wednesday 31st July 1:15-2:15 pm | Seated exercise |