



HERE4U PROGRAMME

ACTIVITIES STILL AVAILABLE

In Person Classes available

MON

Clubbercise

TUES

Football, Yoga, HiiT

WED

Boxing, Photography, Ukelele Beg/Imp

THURS

Circuits, Football, Pilates Imp,
Dance Class, Tai Chi

Online Classes Available

TUES

Art - Watercolour Beginner

WED

Yoga

THURS

Yoga, Beginner Pilates



**TO BOOK A PLACE OR FOR MORE INFORMATION ON
TIMES AND LOCATIONS CLICK HERE OR EMAIL:
HERE4U@BELFASTTRUST.HSCNI.NET**

