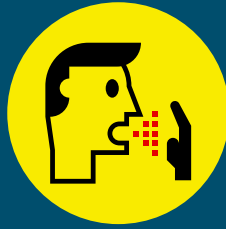


Monday		
09:00 – 09:45	Active	Cycle & Ab's
17:45 - 18:15	Active	Cycle
18:30 - 19:15	Active	Circuits
Tuesday		
09:00 – 09:45	Active	Cycle & HIIT
18:00 – 18:45	Active	LBT
19:00 – 20:00	Active	Cycle & Abs
Wednesday		
09:00 – 09:45	Active	Cycle & Ab's
17:45 - 18:15	Active	Cycle
18:30 – 19:15	Active	HIIT
Thursday		
09:00 – 09:45	Active	Cycle & HIIT
18:30 – 19:00	Active	HIIT
19:15 – 19:45	Active	Stretch + Abs
Friday		
09:00 – 09:45	Active	Cycle & Ab's
18:00 – 18:30	Active	Cycle
18:45 – 19:15	Active	Ab's
Saturday		
09:00 - 09:45	Active	Bootcamp
Sunday		
09:00 – 09:45	Active	Circuits

Brookvale Recreation Centre

01928 712051

www.activehalton.co.uk



CORONAVIRUS

STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE
OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

Do not come into the building.

No one in your household should leave home
if any one person has symptoms.

Find out how to get a test, and how long to
isolate, at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

COVID-19

Halton Borough Council Response

www.halton.gov.uk