

Poole Heart Support Group Classes

Canford School Sports Hall

Monday Lesley – 8.45 am & 9.45 am
Tuesday Emma – 9.00 am & 10.00 am
Thursday Lesley – 8.45 am, 9.45 am & 10.45 am
Friday Emma – 9.00 am & 10.00 am

Broadstone The Junction Sports Centre

Wednesday Isy – 10.45 am
Thursday Jayne F – 9.30 am & 10.30 am

Broadstone Community Centre: Hearts on Seats

Thursday Jayne F – 1.30pm

Ferndown St Marys Church

Monday Juliet – 11.00 am - Instructor not BACPR qualified

Ferndown United Refomed Church Hall

Friday Juliet – 10.00 am - Instructor not BACPR qualified

Hamworthy Liberal Hall

Monday Caroline – 10.00 and 11am

Lytchett Manor School

Tuesday Karyn – 5.30 pm & 6.30 pm

East Dorset Tennis Club

Tuesday Paula – 11.00 am (Seated exercise)
Friday Paula – 10.45 am

St Josephs Church, Bournemouth Road

Wednesday Paula – 10.45 am

Carey Hall Wareham

Monday Jayne C – 1.30 pm

Wareham Leisure Centre

Thursday Isy – 10:45 & 11:45

Swanage Methodist Church (class is outside during the summer)

Wednesday Jayne C – 2.30 pm

Ashdown Leisure Centre – Canford Heath

Tuesday Caroline – 9am and 10am
Friday Jayne F – 9.30 am & 10.30 am

St Barnabas Church, Bearwood

Tuesday Isy – 9.30 am

Zoom online

Wednesday Emma – 9 am (email for codes)