

Poole Heart Support Group Exercise Classes as at Nov 2024

Please check the website for the most up-to-date schedule

No classes on Bank Holidays

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 – 1.00 pm

Ferndown St Marys Church

Monday Juliet – 11.00 am

Ferndown United Refomed Church Hall

Friday Juliet – 10.00 am

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

Stoborough Hall

Monday Jayne T – 1.30 pm

Wareham Leisure Centre

Thursday Isy – 11.30 am

Swanage Methodist Church

Wednesday Jayne T – 2.30 pm

Ashdown Leisure Centre – Canford Heath

Tuesday Caroline – 9.30 am
Friday Jayne F – 9.30 am & 10.30 am

St Barnabus Church, Bearwood

Tuesday Isy – 9.30 am

Zoom online

Wednesday Emma – 9 am (email for codes)