

KEEP FIT FOR OVER 50s

Venue	CourseTitle	Level	Day	StartTime	EndTime	StartDate	EndDate
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	MON	10:30	11:30	21/09/2009	30/11/2009
BELPER COMMUNITY HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	13:15	14:15	21/09/2009	30/11/2009
BELPER COMMUNITY HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	14:30	15:30	21/09/2009	30/11/2009
IRONVILLE CHURCH HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	11:45	12:45	21/09/2009	30/11/2009
SOMERLEA PARK CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	MON	10:30	11:30	21/09/2009	30/11/2009
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	THU	13:30	14:30	24/09/2009	03/12/2009
MELBOURNE ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	THU	17:30	18:30	24/09/2009	03/12/2009
ST HUGHS HALL	Fitness - Keep Fit for Over 50s	All Abilities	THU	14:00	15:00	24/09/2009	03/12/2009
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	FRI	10:30	11:30	25/09/2009	04/12/2009
FLAMSTEED CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	FRI	10:00	11:00	25/09/2009	04/12/2009
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	MON	10:30	11:30	11/01/2010	22/03/2010
BELPER COMMUNITY HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	13:15	14:15	11/01/2010	22/03/2010
BELPER COMMUNITY HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	14:30	15:30	11/01/2010	22/03/2010
IRONVILLE CHURCH HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	11:45	12:45	11/01/2010	22/03/2010
SOMERLEA PARK CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	MON	10:30	11:30	11/01/2010	22/03/2010
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	THU	13:30	14:30	14/01/2010	25/03/2010
MELBOURNE ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	THU	17:30	18:30	14/01/2010	25/03/2010
ST HUGHS HALL	Fitness - Keep Fit for Over 50s	All Abilities	THU	14:00	15:00	14/01/2010	25/03/2010
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	FRI	10:30	11:30	15/01/2010	26/03/2010
FLAMSTEED CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	FRI	10:00	11:00	15/01/2010	26/03/2010
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	MON	10:30	11:30	19/04/2010	07/06/2010
BELPER COMMUNITY HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	13:15	14:15	19/04/2010	14/06/2010
BELPER COMMUNITY HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	14:30	15:30	19/04/2010	14/06/2010
IRONVILLE CHURCH HALL	Fitness - Keep Fit for Over 50s	All Abilities	MON	11:45	12:45	19/04/2010	07/06/2010
SOMERLEA PARK CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	MON	10:30	11:30	19/04/2010	07/06/2010
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	THU	13:30	14:30	22/04/2010	10/06/2010
MELBOURNE ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	THU	17:30	18:30	22/04/2010	10/06/2010
ST HUGHS HALL	Fitness - Keep Fit for Over 50s	All Abilities	THU	14:00	15:00	22/04/2010	10/06/2010
ALFRETON ACE CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	FRI	10:30	11:30	23/04/2010	11/06/2010
FLAMSTEED CENTRE	Fitness - Keep Fit for Over 50s	All Abilities	FRI	10:00	11:00	23/04/2010	11/06/2010