

Weston Turville Village Hall Timetable 2025: Forever Cycling and Seated exercise

Location: Weston Turville Village Hall, Weston Turville, HP22 5RW

Date and Time	Session
Thursday 23rd October 2 - 3pm	Seated Exercise
Thursday 30th October 2 - 3pm	Forever Cycling
Thursday 6th November 2 - 3pm	Seated Exercise
Thursday 13th November 2 - 3pm	Seated Exercise (FC instructor away)
Thursday 20th November 2 - 3pm	Seated Exercise
Thursday 27th November 2 - 3pm	Forever Cycling
Thursday 4th December 2 - 3pm	Seated Exercise
Thursday 11th December 2 - 3pm	Forever Cycling
Thursday 18th December 2 - 3pm	Seated Exercise

**There will be no sessions on the 25th Dec and 1st January.
The first session back in 2026 will be on the 8th January.**

For further information please contact Amelia Evans: amelia.evans@aitc.org.uk / 07399 748803
<https://www.activeinthecommunity.org.uk/over-50s/>