

## **Aston Clinton Baptist Church Timetable 2026: Forever Cycling and Seated exercise**

Location: Aston Clinton Baptist Church, Aston Clinton, HP22 5EX

<b>Date</b>	<b>Session</b>
<b>Monday 5th January</b> 2 - 3pm	Seated Exercise
<b>Monday 12th January</b> 2 - 3pm	Forever Cycling
<b>Monday 19th January</b> 2 - 3pm	Seated Exercise
<b>Monday 26th January</b> 2 - 3pm	Forever Cycling
<b>Monday 2nd February</b> 2 - 3pm	Seated Exercise
<b>Monday 9th February</b> 2 - 3pm	Forever Cycling
<b>Monday 16th February</b> 2 - 3pm ( <i>last session</i> )	Seated Exercise

**Monday 16th February 2026 will be our last session at Aston Clinton Baptist Church. However, we will continue to run weekly seated exercise classes in Weston Turville, Wendover & Stoke Mandeville.**

Please get in touch if you have any questions via the details below.