

Virtual Timetable



Date	Time	Class	Instructor	Zoom Details
Mondays	10:00am - 10:45am	Stretch and Relax	Steph	Click Here
Mondays	6:30pm - 7:30pm	Team Talk Chatty Room	Luke	Contact teamtalk@dcct.co.uk for information on joining
Tuesdays	10:00am - 10:45am	Fit Rams Female Coffee Morning and Circuit Class	Jon and Ben	Contact ben.asquith@dcct.co.uk for information on joining
Tuesdays	11:00am - 12:00pm	Chair Based Class	Jon	Click Here
Tuesdays	8:00pm - 9:30pm	Book Club		Contact community@dcct.co.uk for information on joining
Wednesdays	10:30am - 11:30am	Extra Time Hub Coffee Morning	Luke	Click Here
Thursdays	2:00pm - 4:00pm	Knit and Natter		Contact community@dcct.co.uk for information on joining
Thursdays	6:00pm - 7:00pm	Fit Fans Workout	Jon and Ben	Contact ben.asquith@dcct.co.uk for information on joining
Thursdays	6:30pm - 7:30pm	Team Talk Quiz Night	Luke	Click Here
Fridays	10:00am - 11:00am	Walking Football Soccercise and Coffee Morning	Ben, Jack and Luke	Click Here
Fridays	1:00pm - 2:00pm	Team Talk	Lee and Luke	Click Here

These groups are kindly ran by volunteers across our network