

# Health Timetable

## September 2020



All non-virtual sessions must be booked by contacting the relevant staff member in the How to Book column. This is extremely important so we can monitor numbers and ensure accurate data for Track and Trace purposes. If you arrive at a session you have not booked on you will not be able to participate.

### Monday

Time	Class	Instructor	Location	How to Book
10:00 - 10:50	Stretch and Relax	Steph	Zoom	<a href="#">Click Here</a> (no booking required)
10:00 - 11:00	Walking Football (Starts 21 <sup>st</sup> Sept)	Jack, Chris and Ben	Powerleague - Outdoor Pitches (DE24 8BW)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
11:00 - 11:45	Tackling Loneliness Together Cookery Group	Luke	Zoom	Email <a href="mailto:luke.wilkinson@dcct.co.uk">luke.wilkinson@dcct.co.uk</a> or call <b>07515 915230</b>
14:00 - 15:00	Active Recovery FIT Therapy	Hannah	Derby Arena (DE24 8JB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
18:15 - 19:15	Team Talk Walk and Talk	Luke	Alvaston Park (DE24 8QQ)	Email <a href="mailto:teamtalk@dcct.co.uk">teamtalk@dcct.co.uk</a>

### Tuesday

Time	Class	Instructor	Location	How To Book
11:00 - 12:00	Chair Based Class	Jon and Chris	Zoom	<a href="#">Click Here</a> (no booking required)
11:15 - 12:30	Active Recovery Gym	Steph, Hannah and Jess	Derby Arena (DE24 8JB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
18:45 - 20:30	Fit Fans (Female Group)	Luke	The Base (See Map) (DE21 4BB)	To Sign Up for our Next Programme <a href="#">Click Here</a>
19:00 - 20:00	Extra Time Hub Book Club	Volunteer Led	Zoom	Email <a href="mailto:community@dcct.co.uk">community@dcct.co.uk</a>

## Wednesday

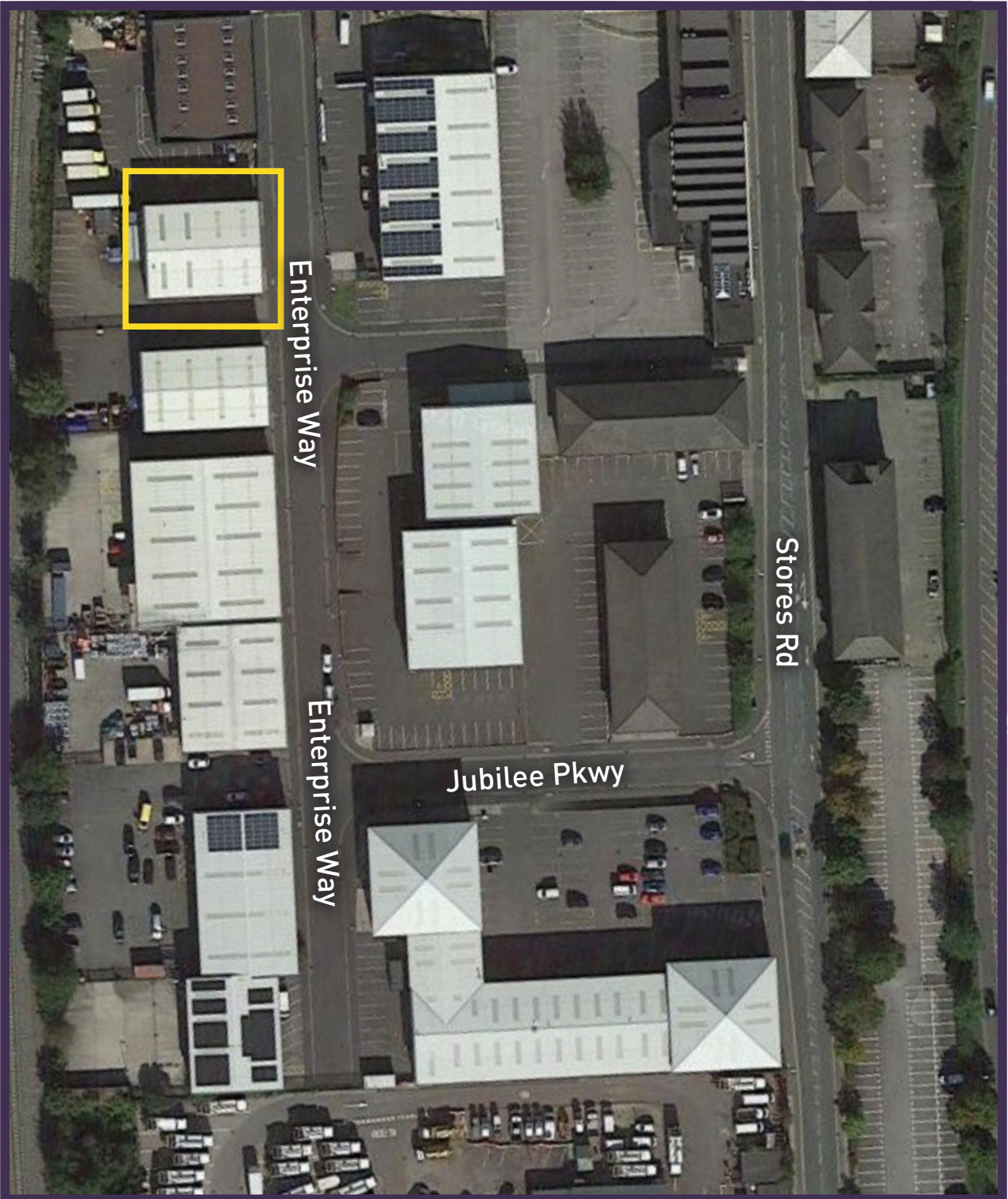
Time	Class	Instructor	Location	How To Book
10:00 - 10:45	Active Recovery Stretch and Relax	Steph and Hannah	The Base (See Map) (DE21 4BB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
10:30 - 11:15	Extra Time Hub Coffee Morning	Jack, Chris and Luke	Zoom	<b>Click Here</b> <b>(no booking required)</b>
11:00 - 12:00	Active Recovery Coffee Morning	Steph, Hannah and Jess	The Base (See Map) (DE21 4BB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
12:45 - 14:00	Active Recovery Gym	Steph, Hannah and Jess	Derby Arena (DE24 8JB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
14:00 - 15:00	Active Recovery Box and Bar	Jess	Derby Arena (DE24 8JB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
18:00 - 19:45	Fit Fans (Male Group)	Ben and Chris	The Base (See Map) (DE21 4BB)	To Sign Up for our Next Programme <b>Click Here</b>

## Thursday

Time	Class	Instructor	Location	How To Book
12:45 - 14:00	Active Recovery Gym	Jess and Hannah	Derby Arena (DE24 8JB)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
15:00 - 17:00	Knit and Natter	Volunteer Led	Zoom	Email <a href="mailto:community@dcct.co.uk">community@dcct.co.uk</a>
18:30 - 19:30	Team Talk Quiz Night	Luke	Zoom	Email <a href="mailto:teamtalk@dcct.co.uk">teamtalk@dcct.co.uk</a>

## Friday

Time	Class	Instructor	Location	How To Book
10:00 - 10:45	Soccercise (Ends 18 <sup>th</sup> Sept)	Ben and Jack	Zoom	<b>Click Here</b> <b>(no booking required)</b>
10:00 - 11:00	Walking Football (Starts 18 <sup>th</sup> Sept)	Jack, Chris and Ben	Powerleague - Outdoor Pitches (DE24 8BW)	Email <a href="mailto:jack.bell@dcct.co.uk">jack.bell@dcct.co.uk</a> or call <b>07841 494312</b>
13:15 - 15:00	Team Talk Walk and Talk	Chris	St Peter's Churchyard (13:15) Darley Fields (14:00)	Email <a href="mailto:teamtalk@dcct.co.uk">teamtalk@dcct.co.uk</a>



## The Base

19 Enterprise Way,  
Jubilee Business Park,  
Stores Road, DE21 4BB

Access to the car park is  
around the back.