

Class or group	Days	Times	Location
About your back sessions	Wednesdays	AM	Boots, Dolphin centre
Active back	Monday	13:30 - 14:30	Hospital gym
	Thursday	13:30 - 14:30	Hospital gym
Knee replacements	Friday	14:30 - 15:45	Hospital gym
Healthy lumbar spine class (conditions apply)	Thursday	14:50-15:50	Hospital gym
Circuits gym rehab	Monday	10:50 - 12:30	Hospital gym
	Tuesday	08:30 - 10:00	Hospital gym
	Thursday	08:30 - 10:00	Hospital gym
	Friday	10:50 - 12:30	Hospital gym
Hand class	Monday	14:45 - 15:45	Hand therapy room
	Thursday	14:45 - 15:45	Hand therapy room
Shoulder classes	Monday	12:30 - 13:30	Hand therapy room
	Friday	12:30 - 13:30	Hand therapy room
Thumb arthritis	Wednesday every 6 weeks	11:00 - 12:00	Holiday inn express at Dolphin Leisure centre
Womens Health class			
Antenatal backs	1st & 3rd Tuesday am	10:00	Maple place, maternity hospital
Pre-operative information	1st Wednesday of month	13:30	Therapy services
	3rd Wed of alternate months		Therapy services
Womens health group	1st Thursday of month	14:00-15:00	Therapy services
	3rd Wednesday of month	11:00 -12:00	Therapy services
FAST assessment group	friday	08:30 - 13:00	Yellow clinic
Pilates classes			
Private pilates groups	Monday	15:30	Neuro gym therapy services dept
	Thursday	15:30	
	Tuesday	13:00	maternity hospital
Pilates NHS	Tuesdays	14:00 - 15:00	Maple place, maternity hospital
	Tuesdays	PM times vary	