



# Keeping WellNEL

In partnership with the London Borough of Havering

## VIRTUAL EXERCISE PROGRAMME



### Monday

5.15 - 5.45pm Aerobics  
.....

### Tuesday

12.15-12.30pm Deskercise  
.....

5.15-5.45pm Yoga  
.....

### Wednesday

8.00-8.30am Pilates  
.....

### Thursday

12.15-12.30pm Deskercise  
.....

5.15-5.45pm Zumba  
.....

[Click here to book now](#)

