








Holistic

Hub



Home to the most relaxing classes in the Brentwood Centre, the Holistic Hub provides a quiet and atmospheric space to unwind with mood lighting and forest decor.

-  Pilates & Stretch
-  Pilates
-  Yoga
-  Meditation
-  Young at Heart
-  Older Fitness for Health
-  Chat 1st Mental Wellbeing Programme

MONDAY	COMMUNITY (1-3) 11:30-12:30	SITTING(1-3) 12:45-13:15	13:30-14:30	DYNAMIC (1-2) 18:00-19:00	DYNAMIC (3-4) 19:00-20:00	20:30-21:30	
TUESDAY	(1-3) 10:00-11:00	(0-2) 11:00-12:00	MENTAL WELLBEING YOGA 13:00-14:00	DEMENTIA FRIENDLY SITTING* 14:00-15:00	(2-3) 19:00-20:00		
WEDNESDAY	9:00-9:50	9:55-10:45	12:00-13:00	13:00-14:00	18:00-19:00	20:30-21:30	
THURSDAY	(2) 9:05-10:05	10:10-11:10	11:15-12:15	MENTAL WELLBEING THAI CHI 13:30-14:30	YOUTH YOGA 17:30-18:30	(2-3) 18:30-19:30	19:30-20:30
FRIDAY	10:00	BEGINNERS 11:00-12:00	*Dementia Friendly Sitting Yoga is the second and fourth Tuesday of every month				
SATURDAY	9:00-10:00						
SUNDAY	VINYASA (2-3) 9:00-11:00						

Pricing

Classes - Peak	£5.50
Classes - Off Peak	£5.00
Concession Card	£3.50
Drop-In Pilates/Yoga	£6.60

Peak times: 5pm-Close weekdays.
All day weekends.

SAVE £'s with our All Inclusive membership



Chat 1st classes are part of the BLT Wellbeing Programme including physical, mental and social wellbeing classes and activities. To find out more about our other wellbeing programmes please speak to reception or register online at www.brentwood-centre.co.uk/wellbeing

YOGA INTENSITY

0 = Very gentle Yoga class 1 = Gentle Yoga class 2 = Beginners Yoga class 3 = Intermediate Yoga class 4 = Advanced Yoga class