



Healthathon

Friday 26 April • 2pm – 5pm

2 - 2.05pm Introduction and welcome

2.05 - 2.45pm Energising fitness with Sophie Tosone

> 2.55 – 3.25pm Pilates with Jane Alexander

> > **3.25 - 3.35pm** Break

3.35 – 4.10pm Nutrition and healthy eating with Fay Livingstone

4.10 - 4.55pm

Daytime disco with Pasna Sallis from Weekday Wow Factor

4.55 - 5pm Close

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