

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 Pasma Sallis from Weekday Wow Factor

4.55 - 5pm

Close