

The Sharp End Zoom Activity Schedule

Below is a list of our virtual activity schedule. If you are interested, you can contact us on 020 7923 0350, or email thesharpend1996@outlook.com to request details to access the virtual sessions. We will ask you to register prior to taking part.

To take part in the virtual (Zoom) sessions, we ask that you create a space that you can move around freely. Ensuring your exercise space is safe and free from hazards.

The list below gives short description of the class and what you will need for this.

Class type	Class	Day	Time
Yoga (not for beginners). Require mat and blocks Floor exercise	Yoga	Mon	9.30am - 10.30am
Gentle, Relaxing, good for balance	Chi Kung	Mon	12.00pm -1.00pm
Dance workout Make (aerobics)	Dance Fit	Mon	1.30pm - 2.30pm
Body conditioning Require 2 lightweight dumbbells or 2 tinned food	Keep Fit	Tues	10.00am - 11.00am
Painting and drawing. You will require your own art	Art	Tues	11.00am - 12.30pm

materials (paper, paint, pencils etc)			
Various dance styles practiced e.g. line dancing, Latin, jive	Dance Workshop	Tues	12.40pm - 1.40pm
Gentle movement, includes stretching, movement, relaxation	Movement & Stretching	Tues	2.00pm - 3.00pm
Aerobics class	Zumba	Wednesday	9.45am - 10.45am
Hatha yoga (not for beginners) Require mat and blocks Floor exercise	Hatha Yoga	Wednesday	10.00am - 11.00am
Hatha yoga (suitable for beginners) Require mat and blocks Floor exercise	Yoga Workshop	Wednesday	11.15am - 12.15am
Gentle exercise suitable for frail men Require chair	Men's Exercise	Wednesday	12.30pm - 1.30pm
Chair based exercise for women only. Exercise to music. Require chair, stretch band (or tie/scarf), ball	Women's Only Exercise	Wednesday	2.00pm - 3.00pm

(tennis or rolled up sock/scarf)			
Gentle movement exercise, suitable for individuals with back problems. Require mat, floor exercise	Awareness Through Movement	Wednesday	3.15pm - 4.15pm
Gentle movement, require mat, floor based	Pilates	Thursday	9.45am - 10.45am
Aerobics, exercise to music	Carnival Fit	Thursday	11.00am - 12.00pm
Floor based exercise, to improve balance, strengthen back	Balance & Back Care	Thursday	12.30pm - 1.30pm
Chair based exercise. Require chair, stretch band (or tie/scarf), ball (tennis or rolled up sock/scarf)	Gentle Exercise	Thursday	2.00pm - 3.00pm
Yoga mix of movement (suitable for beginners) Require mat and blocks	Yoga Afternoon	Thursday	4.00pm - 5.00pm
Tai Chi, gentle form of martial art. Good for balance, coordination	Tai Ch	Friday	11.45am – 12.45pm