

Chairobics January to March 2025 Timetable

Venue	Day of Week	Time
Botwell Chairobics at Botwell Library	Fridays	10am to 11am
Charville Chairobics at Charville Library	Thursdays	9.30am to 10.30am
	Friday	11.00am to Midday
Eastcote Chairobics At Eastcote Library	Tuesdays	10am to 11am
Harefield Chairobics at Harefield Library	Mondays	11am to Midday
Manor Farm Chairobics at Manor Farm Library	Mondays	10am to 11am
		11am to midday
Northwood Hills Chairobics at Northwood Hills Library	Tuesdays	11.30am to 12.30am
	Thursdays	2pm to 3pm
Oak Farm Chairobics at Oak Farm Library	Thursdays	11am to midday
		Midday to 1pm
Ruislip Manor Chairobics at Ruislip Manor Library	Thursdays	9.30am to 10.30am
South Ruislip Chairobics at South Ruislip Library	Wednesdays	2pm to 2.50pm
Uxbridge Chairobics at Uxbridge Library	Wednesdays	10am to 11am
		11.00am to midday