

| Start time | Title | Type | Number of bookable slots | End time |
|------------|-------------------|------------------------------|--------------------------|----------|
| 12.30 | Health Checks | Blood glucose level testing | 1 | 12.40 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 12.30 | Pickleball taster | Pickleball taster | 4 | 12.50 |
| 12.35 | Health Checks | Physio Discussion | 1 | 12.55 |
| 12.40 | Health Checks | Blood glucose level testing | 1 | 12.50 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 12.40 | Taster Classes | Pump | 30 | |
| 12.50 | Health Checks | Blood glucose level testing | 1 | 1.00 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 12.50 | Pickleball taster | Pickleball taster | 4 | 1.10 |
| 12.55 | Health Checks | Physio Discussion | 1 | 1.15 |
| 1.10 | Health Checks | Blood glucose level testing | 1 | 1.20 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 1.10 | Pickleball taster | Pickleball taster | 4 | 1.30 |
| 1.15 | Health Checks | Physio Discussion | 1 | 1.35 |
| 1.15 | Menopause talk | Move through Menopause Talks | 25 | 1.45 |
| 1.20 | Health Checks | Blood glucose level testing | 1 | 1.30 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 1.20 | Taster Classes | Combat | 30 | |
| 1.30 | Health Checks | Blood glucose level testing | 1 | 1.40 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 1.30 | Pickleball taster | Pickleball taster | 4 | 1.50 |
| 1.35 | Health Checks | Physio Discussion | 1 | 1.55 |
| 1.40 | Health Checks | Blood glucose level testing | 1 | 1.50 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 1.50 | Health Checks | Blood glucose level testing | 1 | 2.00 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 1.50 | Pickleball taster | Pickleball taster | 4 | 2.00 |
| 1.55 | Health Checks | Physio Discussion | 1 | 2.15 |
| 2.00 | Taster Classes | Balance | 30 | |
| 2.10 | Health Checks | Blood glucose level testing | 1 | 2.20 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 2.10 | Pickleball taster | Pickleball taster | 4 | 2.30 |
| 2.15 | Health Checks | Physio Discussion | 1 | 2.35 |
| 2.20 | Health Checks | Blood glucose level testing | 1 | 2.30 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |

| | | | | |
|------|-------------------|------------------------------|----|------|
| 2.30 | Health Checks | Blood glucose level testing | 1 | 3.00 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 2.30 | Menopause talk | Move through Menopause Talks | 25 | 3.00 |
| 2.30 | Taster Classes | Spin | 30 | |
| 2.30 | Pickleball taster | Pickleball taster | 4 | 2.30 |
| 2.35 | Health Checks | Physio Discussion | 1 | 2.55 |
| 2.40 | Health Checks | Blood glucose level testing | 1 | 2.50 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 2.50 | Health Checks | Blood glucose level testing | 1 | 3.00 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 2.50 | Pickleball taster | Pickleball taster | 4 | 3.10 |
| 2.55 | Health Checks | Physio Discussion | 1 | 3.15 |
| 3.10 | Health Checks | Blood glucose level testing | 1 | 3.20 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |
| 3.10 | Taster Classes | Pilates | 30 | |
| 3.10 | Pickleball taster | Pickleball taster | 4 | 3.30 |
| 3.15 | Health Checks | Physio Discussion | 1 | 3.30 |
| 3.20 | Health Checks | Blood glucose level testing | 1 | 3.00 |
| | | Blood Pressure Testing | 2 | |
| | | Wellbeing chat | 2 | |