

LifeTime Virtual Timetable

Monday.

Puzzle and Triva
Morning
10.30am

NEW
Virtual For the
Love of Art
1.30pm

Tuesday.

Come Dance With Us
Online
10.30am

Zumba Gold with
Diva Fit UK
11am

Let's Get Social
11am

NEW
Armchair Travel
1.30pm

Wednesday.

Mindfulness With
jt-health matters
11am

Sing-a-Long with
Rob
12-1pm

NEW
Music Appreciation
2pm

Games Evening
8pm

Thursday.

LifeTime Coffee &
Chat- with Guest
Speaker
11am

Friday.

Zumba Gold with
Diva Fit UK
11am

Yoga with jt health
matters
12pm

General Knowledge
Quiz
1.30pm

You do not need a Zoom account to access the online sessions just enter the following URL www.zoom.us to access zoom, then 5 mins before the start of session go to
Zoom >Join a meeting> Input meeting ID and password obtained from mail@lifetimegateway.org.uk



If you require any support getting online or to create a Zoom account please contact The LifeTime Team on 01925 246824 or email mail@lifetimegateway.org.uk