

Monday

Pre recorded sessions will be released on GB@home and Online Self Service from 9.30am

Pre recorded sessions will be as follows:

4mths - new walkers

Confident walkers - 3yrs

3 - 4 yrs

Bronze and Silver Squad

Tuesday

The following sessions will run via Zoom

To book drop us an email

10.30 - 11.00 - 4mths - new walkers

11.15 - 11.45 - Confident walkers - 3yrs

12.00 - 12.30 - 3 - 4 yrs

4.00 - 4.30 - Bronze

4.45 - 5.15 - Silver

Thursday

The following sessions will run via Zoom

To book drop us an email

10.30 - 11.00 - Confident walkers - 3yrs

11.15 - 11.45 - 3 - 4 yrs

12.00 - 12.30 - 4mths - new walkers

4.00 - 4.30 - Bronze

4.45 - 5.15 - Silver

Saturday

The following sessions will run via Zoom

To book into all 3 sessions

drop us an email

Gold/Gold+ Squad only

9.30 - 10.00

10.15 - 10.45

11.00 - 11.30

11.45 - 12.15

12.30 - 1.00