

FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person programme
starts on 27th April 2026, with an intro call beforehand



Monday	Tuesday	Wednesday	Thursday
HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	CHESHUNT Oakview Primary School EN7 6LB 5:00 - 7:00pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	WATFORD Chater Junior School WD18 0ND 5:00 - 7:00pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	BOREHAMWOOD St Michael's & All Angels Church Hall WD6 5EQ 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **

24-0547



Scan to find our online timetable!

@ hellohertfordshire@maximusuk.co.uk

01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.

