



CLASS	CENTRE	DAY	TIME
Strength & Balance Class	Lagoon Leisure Centre	Monday	1.00pm - 2.30pm
Strength & Balance Circuit	Johnstone Swimming Pool	Monday	10.00am - 11.00am
Strength & Balance Circuit	Lagoon Leisure Centre	Tuesday	12.00pm - 1.00pm
Strength & Balance Circuit	Elderslie Leisure Centre	Tuesday	1.30pm - 2.30pm
Strength & Balance Circuit	Lagoon Leisure Centre	Wednesday	11.00am - 12.00pm
Strength & Balance Circuit	Lagoon Leisure Centre	Thursday	12.00pm - 1.00pm
Strength & Balance Circuit	Elderslie Leisure Centre	Thursday	1.30pm - 2.30pm
Strength & Balance Circuit	Lagoon Leisure Centre	Friday	12.30am - 1.30pm
Step - in Circuit	Johnstone Swimming Pool	Monday	11.00am - 12.00pm
Step - in Circuit	Elderslie Leisure Centre	Monday	1.00pm - 2.00pm
Step - in Circuit	Lagoon Leisure Centre	Tuesday	11.00am - 12.00pm
Step - in Circuit	Renfrew Victory Baths	Thursday	12.00pm - 1.00pm
Step - up circuit	Linwood Sports Centre	Monday	11.30am - 12.30pm
Step - up circuit	Lagoon Leisure Centre	Tuesday	10.00am - 11.00am
Step - up circuit	Erskine Sports Centre	Tuesday	11.15am - 12.15pm
Step - up circuit	Lagoon Leisure Centre	Tuesday	1.00pm - 2.00pm
Step - up circuit	Elderslie Leisure Centre	Wednesday	1.30pm - 2.30pm
Step - up circuit	Elderslie Leisure Centre	Thursday	11.15am - 12.15pm

