

ONE
REN



Fitness Programme

- Cardio
- Strength & Conditioning
- Fun & Energising
- Health & Wellbeing

 All classes are buggy – friendly

Lagoon Leisure Centre

MON	START	END	ACTIVITY	TUE	START	END	ACTIVITY
	7.00am	7.45am	Body Pump		9.40am	10.25am	Spin
	9.40am	10.25am	Body Attack		10.40am	11.25am	Tai Chi
	9.40am	10.25am	Yoga		11.40am	12.25pm	Weighted Tone
	10.40am	11.25am	Zumba		11.40am	12.40pm	Vitality Step In Circuit
	10.40am	11.25am	Easy Keep Fit		12.15pm	1.00pm	Spin
	11.40am	12.40pm	Vitality Strength & Balance Circuit		12.40pm	1.40pm	Move More Circuit
	5.40pm	6.25pm	Metafit		1.40pm	2.25pm	SOSA Fitness
	6.40pm	7.25pm	Body Combat		5.40pm	6.25pm	Body Attack
	7.40pm	8.25pm	Tone		6.40pm	7.25pm	DanceFit
					7.40pm	8.25pm	Pilates
WED	START	END	ACTIVITY	THU	START	END	ACTIVITY
	7.00am	7.45am	Spin		9:30am	10:30am	Vitality Step Up Circuit
	9.40am	10.25am	Pilates		9.40am	10.25am	Spin
	10.40am	11.15am	Easy Circuit		10.40am	11.25am	Tone
	11.40am	12.25pm	Circuits		11.40am	12.25pm	Ballroom/SOSA
	12.15pm	1.00pm	Aqua Fit		1.40pm	2.25pm	Easy Circuits
	12.40pm	1.25pm	Easy Zumba		5.40pm	6.25pm	Spin
	1.40pm	2.25pm	DanceFit		6.40pm	7.25pm	Body Combat
	5.40pm	6.25pm	Metafit		7.40pm	8.25pm	Body Pump
	6.40pm	7.25pm	Spin				
	7.40pm	8.25pm	Pilates				
FRI	START	END	ACTIVITY	SAT	START	END	ACTIVITY
	7.00am	7.45am	HIIT		9.00am	9.40am	Metafit
	9.40am	10.25am	Circuits		9.40am	10.25am	Body Pump
	9.40am	10.25am	Yoga		10.40am	11.25am	Yoga
	10.40am	11.25am	Easy Zumba				
	11.40am	12.25pm	Body Combat				
	11.40am	12.40pm	Vitality Strength & Balance Circuit				
	12.30pm	1.15pm	Aqua Fit				
	1.30pm	2.15pm	Zumba				
	5.40pm	6.25pm	Body Attack				
SUN	START	END	ACTIVITY				
	10.40am	11.25am	Body Attack				
	11.40am	12.25pm	Body Pump				
	11.40am	12.25pm	Spin				
	12.40pm	1.25pm	Clubbercise				

On-X Linwood

MON	START	END	ACTIVITY
○	7.00am	7.45am	CrossFit
○	9.30am	10.15am	Pilates
○	9.30am	10.15am	Spin
○	10.30am	11.15am	Tone
○	11.30am	12.15pm	Body Attack
○	12.15pm	1.00pm	Spin
○	5.15pm	5.50pm	Circuits
○	5.30pm	6.15pm	Body Pump
○	6.30pm	7.15pm	Metafit
○	7.30pm	8.15pm	Pilates
○	8.00pm	8.45pm	Yoga/Tai Chi

TUE	START	END	ACTIVITY
○	9.30am	10.15am	Zumba
○	10.30am	11.15am	Body Pump
○	11.30am	12.15pm	Pilates
○	1.00pm	2.00pm	Vitality Strength & Balance Circuit
○	2.00pm	3.00pm	Vitality Step In Circuit
○	5.30pm	6.15pm	Spin
○	5.45pm	6.30pm	CrossFit
○	6.30pm	7.15pm	Body Attack
○	7.30pm	8.15pm	Metafit
○	8.00pm	8.45pm	Vinyassa Yoga

WED	START	END	ACTIVITY
○	7.00am	7.45am	Vinyassa Yoga
○	9.30am	10.15am	Body Combat
○	9.30am	10.15am	Spin
○	10.30am	11.15am	Easy Circuits
○	11.30am	12.15pm	Tone
○	5.30pm	6.15pm	Circuits
○	6.30pm	7.15pm	DanceFit
○	7.30pm	8.15pm	Body Pump

THU	START	END	ACTIVITY
○	9.30am	10.15am	Zumba
○	10.30am	11.15am	Circuits
○	11.30am	12.15pm	Tone
○	12.40pm	1.40pm	Vitality Step In Circuit
○	1.40pm	2.25pm	Easy Pilates/Yoga
○	5.30pm	6.15pm	Body Pump
○	6.30pm	7.15pm	Body Combat
○	6.30pm	7.15pm	Spin

FRI	START	END	ACTIVITY
○	7.00am	7.45am	Spin
○	9.30am	10.15am	Body Attack
○	9.30am	10.15am	Spin
○	9.30am	10.15am	Tone
○	10.30am	11.15am	Aqua Fit
○	11.30am	12.15pm	Pump
○	6.00pm	6.45pm	Metafit

SAT	START	END	ACTIVITY
○	9.30am	10.15am	Spin
○	9.30am	11.00am	Combo (Pump/Attack/Combat)

SUN	START	END	ACTIVITY
○	9.30am	10.15am	Spin









Erskine Sports Centre

MON	START	END	ACTIVITY	TUE	START	END	ACTIVITY
○	9.30am	10.15am	Spin	○	9.30am	10.15am	Mixed Circuits
○	10.30am	11.15am	Easy Keep Fit	○	10.30am	11.15am	Ballroom Fitness
○	1.40pm	2.40pm	Vitality Strength & Balance Circuit	○	5.30pm	6.15pm	DanceFit
○	5.30pm	6.15pm	Mixed Circuits	○	6.30pm	7.15pm	Mixed Circuits
○	6.30pm	7.15pm	Spin	○	7.00pm	7.45pm	Body Combat
○	7.30pm	8.15pm	Pilates				
WED	START	END	ACTIVITY	THU	START	END	ACTIVITY
○	9.30am	10.15am	Mixed Circuits	○	9.30am	10.15am	Legs, Bums & Tums
○	10.30am	11.15am	Zumba	○	10.30am	11.15am	DanceFit
○	11.30am	12.30pm	Yoga	○	11.30am	12.15pm	Easy Circuits
○	5.30pm	6.15pm	Zumba	○	5.30pm	6.15pm	Mixed Circuits
○	6.30pm	7.00pm	HIIT	○	6.30pm	7.15pm	Spin
				○	7.30pm	8.15pm	Yoga
FRI	START	END	ACTIVITY	SUN	START	END	ACTIVITY
○	9.30am	10.15am	Spin	○	9.30am	10.15am	Body Combat
○	10.30am	11.15am	Easy Keep Fit	○	10.30am	11.15am	Body Pump
○	11.45am	12.30pm	Tone				
○	6.30pm	7.15pm	Body Combat				

Renfrew Leisure Centre

MON	START	END	ACTIVITY	TUE	START	END	ACTIVITY
○	9.15am	10.00am	Easy Keep Fit	○	11.45am	12.45pm	Vitality Strength & Balance Circuit
○	5.30pm	6.15pm	Body Pump	○	5.40pm	6.25pm	Body Combat
○	5.40pm	6.25pm	Pilates	○	6.40pm	8.25pm	Spin
○	6.30pm	7.25pm	Yoga/Pilates/Tai Chi				
WED	START	END	ACTIVITY	THU	START	END	ACTIVITY
○	5.30pm	6.15pm	Circuits	○	9.15am	10.00am	Easy Keep Fit
○	5.40pm	6.25pm	Tone	○	10.30am	11.15am	Spin
○	6.40pm	7.25pm	Clubbercise	○	5.40pm	6.25pm	Zumba
				○	6.40pm	7.25pm	Pilates
FRI	START	END	ACTIVITY	SAT	START	END	ACTIVITY
○	1.00pm	2.00pm	Vitality Strength & Balance Circuit	○	10.40am	11.25am	Clubbercise
○	5.00pm	5.30pm	Metafit				
SUN	START	END	ACTIVITY				
○	9.30am	10.15am	Tone				
○	10.15am	11.00am	Body Combat				
○	11.00am	11.45am	Yoga/Pilates/Tai Chi				

Johnstone Community Sports Hub

MON	START	END	ACTIVITY	TUE	START	END	ACTIVITY
	6.30pm	7.15pm	Clubbercise		6.30pm	7.15pm	Vinyassa Yoga
WED	START	END	ACTIVITY	THU	START	END	ACTIVITY
	7.00am	7.45am	Body Attack		6.00pm	6.45pm	Clubbercise
	6.00pm	6.45pm	Body Attack		7.00pm	7.45pm	DanceFit
	7.30pm	8.15pm	Pilates				
SUN	START	END	ACTIVITY				
	9.30am	10.15am	Body Attack				

All classes can be booked online
or by calling the centre on
0300 300 0250

Find out what membership options we have at
www.oneren.org

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