




# Fitness Programme

 Cardio

 Strength & Conditioning

 All classes are buggy - friendly
















 Fun & Energising

 Health & Wellbeing

## LAGOON LEISURE CENTRE

MON	START	END	ACTIVITY	THUR	START	END	ACTIVITY
	7.00am	7.45am	Body Pump		9.40am	10.25am	Spin
	9.40am	10.25am	Body Attack		10.40am	11.25am	Tone
	10.40am	11.25am	Easy Keep Fit		11.40am	12.25pm	Ballroom / SOSA Fitness
	11.40am	12.25pm	Vitality Strength & Balance Circuit		1.40pm	2.25pm	Easy Circuits
	5.40pm	6.25pm	Metafit		5.40pm	6.25pm	Spin
	6.40pm	7.25pm	Body Combat		6.40pm	7.25pm	Body Combat
	7.40pm	8.25pm	Tone		7.40pm	8.25pm	Body Pump
TUE	START	END	ACTIVITY	FRI	START	END	ACTIVITY
	9.40am	10.25am	Spin		7.00am	7.45am	Metafit
	10.40am	11.25am	Tai Chi		9.40am	10.25am	Circuits
	11.40am	12.25pm	Weighted Tone		10.40am	11.25am	Line Dancing
	11.40am	12.40pm	Vitality Step In Circuit		11.00am	12.00pm	Vitality Strength & Balance Circuit
	12.15pm	1.00pm	Spin		11.40am	12.25pm	Body Combat
	12.40pm	1.40pm	Macmillan Move More Circuit		12.30pm	1.15pm	Aqua Fit
	1.40pm	2.25pm	SOSA Fitness		5.40pm	6.25pm	Body Attack
	5.40pm	6.25pm	Body Attack	SAT	START	END	ACTIVITY
	6.40pm	7.25pm	DanceFit		9.00am	9.45am	Metafit
	7.40pm	8.25pm	Pilates		9.40am	10.25am	Body Pump
					10.40am	11.25am	Yoga
WED	START	END	ACTIVITY	SUN	START	END	ACTIVITY
	7.00am	7.45am	Spin		10.40am	11.25am	Body Attack
	9.40am	10.25am	Pilates		11.40am	12.25pm	Body Pump
	10.40am	11.25am	Easy Circuits		11.40am	12.25pm	Spin
	11.40am	12.25pm	Circuits		12.40pm	1.25pm	Clubbercise
	12.40pm	1.25pm	Line Dancing				
	1.40pm	2.25pm	DanceFit				
	5.40pm	6.25pm	Metafit				
	6.40pm	7.25pm	Spin				
	7.40pm	8.25pm	Pilates				

## RENFREW LEISURE CENTRE

MON	START	END	ACTIVITY	THUR	START	END	ACTIVITY
	9.15am	10.00am	Easy Keep Fit		9.15am	10.00am	Easy Keep Fit
	5.40pm	6.25pm	Pilates		5.40pm	6.25pm	Zumba
	6.40pm	7.25pm	Body Pump		6.40pm	7.25pm	Pilates
TUE	START	END	ACTIVITY	FRI	START	END	ACTIVITY
	5.40pm	6.25pm	Body Combat		5.40pm	6.25pm	Metafit
	6.40pm	7.25pm	Spin				
WED	START	END	ACTIVITY	SAT	START	END	ACTIVITY
	5.40pm	6.25pm	Clubbercise		10.40am	11.25pm	Clubbercise
	6.40pm	7.25pm	Tone				
SUN	START	END	ACTIVITY	SUN	START	END	ACTIVITY
					9.40am	10.25am	Tone
					10.40am	11.25am	Body Combat
					11.40am	12.25pm	Body Pump

## ON-X LINWOOD

MON	START	END	ACTIVITY	THUR	START	END	ACTIVITY
○	9.40am	10.25am	Spin	○	9.40am	10.25am	Zumba
○	10.40am	11.25am	Tone	○	10.40am	11.25am	Circuits
○	11.40am	12.25pm	Body Attack	○	12.40pm	1.25pm	Vitality Step Up Circuit
○	5.15pm	6.00pm	Circuits (Outdoors)	○	1.40pm	2.25pm	Easy Pilates / Yoga
○	5.40pm	6.25pm	Body Pump	○	5.40pm	6.25pm	Body Pump
○	6.40pm	7.25pm	Metafit	○	6.40pm	7.25pm	Body Combat
○	7.40pm	8.25pm	Pilates	○	7.40pm	8.25pm	Spin
TUE	START	END	ACTIVITY	FRI	START	END	ACTIVITY
○	9.40am	10.25am	Zumba	○	7.00am	7.45am	Spin
○	10.40am	11.25am	Body Pump	○	9.30am	10.15am	Tone
○	11.40am	12.25pm	Pilates	○	9.40am	10.25am	Body Attack
○	12.40pm	1.25pm	Vitality Strength & Balance Circuit	○	10.40am	11.25am	Aqua Fit
○	5.40pm	6.25pm	Spin	○	11.40am	12.25pm	Body Pump
○	6.40pm	7.25pm	Body Attack	○	5.40pm	6.25pm	Metafit
○	7.40pm	8.25pm	Metafit	SAT	START	END	ACTIVITY
○	8.00pm	8.45pm	Vinyasa Yoga	○	9.30am	10.15am	Bootcamp (Outdoors)
WED	START	END	ACTIVITY	○	9.40am	10.25am	Spin
○	7.00am	7.45am	Vinyasa Yoga	○	10.40am	11.25am	Body Attack / Combat
○	9.40am	10.25am	Spin	○	11.40am	12.25pm	Body Pump
○	10.40am	11.25am	Easy Circuits	SUN	START	END	ACTIVITY
○	11.40am	12.25pm	Tone	○	9.40am	10.25am	Spin
○	5.40pm	6.25pm	Circuits				
○	6.40pm	7.25pm	DanceFit				
○	7.40pm	8.25pm	Body Pump				

## ERSKINE SPORTS CENTRE

MON	START	END	ACTIVITY	THUR	START	END	ACTIVITY
○	9.30am	10.15am	Spin	○	5.30pm	6.15pm	Mixed Circuits
○	10.30am	11.15am	Easy Keep Fit	○	6.30pm	7.15pm	Spin
○	1.40pm	2.25pm	Vitality Strength & Balance Circuit	FRI	START	END	ACTIVITY
○	5.30pm	6.15pm	Mixed Circuits	○	9.30am	10.15am	Spin
○	6.30pm	7.15pm	Spin	○	10.30am	11.15am	Easy Keep Fit
○	7.30pm	8.15pm	Pilates	○	6.30pm	7.15pm	Body Combat
TUE	START	END	ACTIVITY	SUN	START	END	ACTIVITY
○	9.30am	10.15am	Mixed Circuits	○	9.30am	10.15am	Body Combat
○	10.30am	11.15am	Ballroom Fitness	○	10.30am	11.15am	Body Pump
○	5.30pm	6.15pm	DanceFit				
○	6.30pm	7.15pm	Mixed Circuits				
○	7.30pm	8.15pm	Body Combat				
WED	START	END	ACTIVITY				
○	9.30am	10.15am	Spin				
○	10.30am	11.15am	Zumba				
○	11.30am	12.15pm	Yoga				
○	1.40pm	2.25pm	Easy Circuits				
○	5.30pm	6.15pm	Zumba				
○	6.30pm	7.15pm	Metafit				
○	7.15pm	8.00pm	Boxing Circuit				

## JOHNSTONE HUB

MON ○ START 6.30pm END 7.15pm ACTIVITY Clubbercise

TUE ○ START 6.30pm END 7.15pm ACTIVITY Vinyasa Yoga

WED ○ START 7.00am END 7.45am ACTIVITY Body Attack  
○ 6.00pm 6.45pm Body Attack  
○ 7.30pm 8.15pm Pilates

THUR ○ START 6.30pm END 7.15pm ACTIVITY DanceFit

SUN ○ START 9.30am END 10.15am ACTIVITY 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](http://www.oneren.org)

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