

# Centre for Health & Wellbeing Fitness Class Timetable

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

10:00  
-  
11:15  
**Yoga with Julie McCann**

10:30  
-  
11:45  
**Chair Yoga with Julie McCann**

10:00  
-  
11:15  
**Julies External Yoga**

13:00  
-  
14:15  
**Chair Yoga with Julie McCann**

16:30  
-  
17:15  
**External Kids Circuits**

11:30  
-  
12:45  
**Julies External Yoga**

18:00  
-  
18:30  
**Kettlebell Class**

17:15  
-  
18:00  
**Zumba**

17:00  
-  
17:45  
**Zumba**

17:15  
-  
18:00  
**External Kids Circuits**

18:30  
-  
19:45  
**Julies External Yoga**

18:30  
-  
19:45  
**Julies External Yoga**

18:00  
-  
19:15  
**Ashtanga Yoga by Laura Langan Riach**

19:30  
-  
20:30  
**Dance-Fit by Lauren O'Donnell**



**Centre for Health and Wellbeing**

**For external class prices please contact 0141 951 5151**

Price	Guests	NHS/Staff	Members
Ashtanga Yoga	£5	£3	FREE
Chair Yoga	£3	£3	FREE
Dance Fit	£3	£3	FREE
Kettlebells	£3	£3	FREE
Yoga	£5	£3	FREE
Zumba	£3	£3	FREE