

# John Wright Sports Centre

Calderwood Road, East Kilbride G74 3EU. 01355 237731

Email: [john.mccluskey@southlanarkshireleisure.co.uk](mailto:john.mccluskey@southlanarkshireleisure.co.uk). Studio Program 28th June – 29th August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30-10.25am <b>BODY STEP</b> Sharron Mooney	10.00 – 11.00am <b>TUMS,BUMS,THIGHS</b> Mary McCahill MPR2	10.00- 11.00am <b>BODY STEP</b> Janis James	10.00-11.00am <b>BODY COMBAT</b> Janis James	9.30-10.30am <b>BODY PUMP</b> Sharron Mooney	10.00-10.50am <b>BODY COMBAT</b> Lesley Neilson	9.45-11.15am <b>WARM UP &amp; SPIN</b> Matthew Bain
10.00-11.00am <b>TUMS BUMS THIGHS</b> Heidi Hildersley	10.00 – 10.55am <b>BODY ATTACK</b> Dianne Creer GPR 1	11.30 – 12.2pm <b>TOFFS 50+</b> Dianne Creer	11.00 – 12.00pm <b>50+ EXERCISE</b> Janis James	10.00-11.00am <b>TUMS,BUMS,THIGHS</b> Heidi Hildersley	11.00-12.00pm <b>BODY STEP</b> Gillian Cowan	2.30-3.30pm <b>Zumba</b> Fiona Muir Starting 11 <sup>th</sup> July 2010
10.00 – 10.55am <b>TOFFS 50+</b> Mary MaCahill Squash Court	11.00 – 11.55am <b>BODY BALANCE</b> Mary McCahill	12.30 – 1.25pm <b>PILATES</b> Margo Irvine	11.30 – 1.00pm <b>50 + YOGA</b> Jean Stewart	11.00-12.00pm <b>TAI CHI &amp; STRETCH</b> Lesley Neilson		6.30-7.30pm <b>BODY COMBAT</b> Heidi Hildersley
11.00-12.30 <b>TAI CHI &amp; STRETCH</b> Lesley Neilson	12.00 – 1.30pm <b>YOGA</b> Margaret McLaughlin	3.00-4.00pm <b>50+TAI CHI &amp; STRETCH</b> Lesley Neilson	1.00 – 2.00pm <b>CLUB CIRCUIT</b> Jackie Brown	11.30 – 12.25pm <b>TOFFS 50+</b> Dianne Creer		
12.30 – 1.30pm <b>PILATES</b> Margo Irvine	2.00-3.00pm <b>50+EXERCISE</b> Julia Massie GPR 1	5.30-7.00pm <b>SPINFIT</b> Matthew Bain	2.00 – 3.00pm <b>CLUB MOVERS</b> Jackie Brown	12.30 – 1.25pm <b>SALSACISE</b> Dianne Creer		
2.00-3.00pm <b>CLUB MOVERS</b> Julie Lambert	2.00 – 3.00pm <b>CLUB MOVERS</b> Jackie Brown	7.00-8.00pm <b>BODY JAM</b> Janis James	5.00-6.00pm <b>BODY ATTACK</b> Julia Massie	5.30-7.00pm <b>SPINFIT 90 MINS</b> Matthew Bain		
5.30-6.30pm <b>BODY PUMP</b> Mary McCahill	5.30-6.30pm <b>Zumba</b> Fiona Muir Starting 6 <sup>th</sup> July 2010	7.10-8.10pm <b>BODY ATTACK</b> Sharron Mooney	6.00-7.00pm <b>BODY BALANCE</b> Janis James			
6.00-7.00pm <b>BODY STEP</b> Julia Massie	6.00-7.00pm <b>BODY BALANCE</b> Janis James	8.30-9.30pm <b>BODY STEP</b> Sharron Mooney	6.45-7.45pm <b>SPINFIT &amp; COND</b> Yvonne Kerr			
7.15-8.30pm <b>YOGA</b> Margaret Mclaughlin	7.00-8.00pm <b>BODY ATTACK</b> Sharron Mooney		7.00-8.00pm <b>TUMS,BUMS,THIGHS</b> Diane Creer			
6.45-7.45pm <b>SPINFIT</b> Mary McCahill	7.00-8.30pm <b>YOGA</b> Colin Howie		8.30-9.30pm <b>BODY COMBAT</b> Janis James			
8.30-9.30pm <b>BODY PUMP</b> Janis James	7.15-8.15pm <b>SPINFIT</b> Yvonne Kerr					
	8.00-9.00pm <b>BODY COMBAT</b> Sharron Mooney					
	8.30-9.30pm <b>BODY PUMP</b> Janis James					

**Leisure**

Delivering services for South Lanarkshire Council

[www.sleisure.co.uk](http://www.sleisure.co.uk)

South Lanarkshire Leisure Ltd is a recognised Scottish Charity, No. SC032549



## South Lanarkshire Leisure Limited

### Fitness timetables

**Important information:**

If you give 24 hours notice or more of a cancellation, your booking will be moved to another available time. If no suitable time is available, you will receive a full refund.

If you fail to give 24 hours notice of a cancellation or do not turn up for a pre-booked class, you will not receive a refund for the lost booking. Members and Activage card holders will be charged a £2 cancellation fee. If you have an outstanding payment (say a £2 cancellation for a class) you may be refused the booking or access to the class until you have paid the outstanding amount.

If a customer, who has prebooked their class and has not turned up and paid 5 minutes prior to the class start time, their space may be given to a customer who is waiting.

Names on the booking sheet are non transferable. Any customer arriving more than 5 minutes late will be denied access to the class as they have missed the warm up.

We cannot always guarantee the teacher mentioned will take the class due to sickness and holidays.

All class participants must register at reception and pass a receipt on to the class instructor.

Spot checks will be carried out on a regular basis to ensure all customers have a valid receipt.

For further information or to enquire about having this information supplied in an alternative format or language, please contact South Lanarkshire Leisure headquarters on 01698 476101 or e mail [customer.services@southlanarkshireleisure.co.uk](mailto:customer.services@southlanarkshireleisure.co.uk)

**(please note this is not the booking line or e-mail)**