



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cambuslang / Rutherglen Area</b>							
<b>Eastfield Lifestyles</b>	<b>Senior Circuits</b> 12:00pm-1:00pm <b>Pilates</b> 8:30pm-9:30pm	<b>Aquafit</b> 10:15am-11:00am <b>Yoga</b> 8:30pm-10:00pm	<b>Fitsteps</b> 10:00am-11:00am <b>Club Circuits</b> 11:00am-12:00pm <b>Aqua Zumba</b> 7:00pm-7:45pm <b>Pilates</b> 8:30pm-9:30pm	<b>Yoga</b> 10:30am-12:00pm <b>Weigh to Go</b> 5:00pm-6:30pm <b>Body Balance</b> 8:30pm-9:30pm		<b>Zumba</b> 10:00am-11:00am <b>Aquafit</b> 11:45am-12:30pm <b>Active Movers</b> 12:00pm-1:00pm	<b>Zumba</b> 10:30am-11:30am <b>Weigh to Go</b> 11:45am-1:15pm
<b>Fernhill Community Centre</b>		<b>Yoga</b> 6:00pm-7:30pm					
<b>Stonelaw Community Sports Centre</b>				<b>Yoga</b> 7:00pm-8:30pm			
<b>Clydesdale Area</b>							
<b>Biggar Municipal Hall</b>		<b>Line Dancing</b> 7:00pm-8:00pm 8:00pm-9:00pm	<b>Yoga</b> 10:00am-11:30am				
<b>Biggar Sports Centre</b>			<b>Yoga</b> 7:00pm-7:50pm				
<b>Blackwood and Kirkmuirhill CW</b>	<b>Indoor Bowls</b> 10:00am-12:00pm	<b>Active Tuesday</b> 12:00pm-2:00pm	<b>BK Buggy Walks</b> <i>Healthy Valleys</i> 1:30pm-2:30pm				
<b>Carluke Leisure Centre</b>	<b>Line Dancing</b> 1:30pm-3:00pm <b>Powerhoop</b> 7:30pm-8:15pm <b>Fit Steps</b> 8:15pm-9:00pm <b>Freestyle Step</b> 8:30pm-9:30pm	<b>Aerobics</b> 9:30am-10:15am <b>Zumba</b> 11:00am-12:00pm <b>Yoga</b> 11:00am-12:00pm <b>Club Circuits</b> 2:15pm-3:15pm <b>Body Balance</b> 8:30pm-9:30pm	<b>Club Movers</b> 10:00am-11:00am <b>Body Balance</b> 10:15am-11:15am <b>Yoga</b> 5:50pm-6:50pm <b>Zumba</b> 7:30pm-8:15pm	<b>Club Movers</b> 9:30am-10:30am <b>Fit Step</b> 10:30am-11:15am <b>Body Balance</b> 6:00pm-7:00pm <b>Body Balance</b> 8:15pm-9:00pm	<b>Active Friday</b> 9:30am-11:30am <b>Aqua Fit</b> 10:30am-11:15am		



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Clydesdale Area (cont'd)</b>							
<b>Coalburn Leisure Complex</b>	<b>Tone it Up</b> 7:00pm-8:00pm			<b>Aqua Fit</b> 10:45am-11:45am		<b>Tone it Up</b> 10:00am-11:am	
<b>Douglas Arms Hotel</b>					<b>Swim Bus</b> <i>Healthy Valleys</i> 12:00pm Rigside/Douglas to Coalburn Leisure Centre		
<b>Forth Sports Centre</b>		<b>Yoga</b> 12:30pm-1:30pm	<b>Free Health Walk</b> <i>Forever Active</i> 1:00pm-2:00pm				
<b>Kirkmuirhill to Coalburn Leisure Centre</b>		<b>Swim Bus</b> <i>Healthy Valleys</i> 9:30am-11:30am					
<b>Lanark Lifestyles</b>	<b>Aqua Combat</b> 9:30am-10:30am <b>Yoga</b> 10:15am-11:45am <b>Aquacise</b> 7:15pm-8:15pm	<b>Dance Fit</b> 8:30am-9:15am <b>Weigh to Go</b> 11:30am-1:00pm	<b>Aquacise</b> 11:00am-11:50am <b>Activage</b> 12:30pm-1:30pm <b>Club Movers</b> 1:30pm-2:15pm	<b>Weigh to Go</b> 6:45pm-7:45pm <b>Aqua Combat</b> 7:45pm-8:45pm <b>Body Balance</b> 8:10pm-9:10pm	<b>Deep Water Aqua</b> 10:30am-11:00am <b>Aquacise</b> 11:00am-11:30pm <b>Activage</b> 12:30pm-1:20pm		
<b>Lesmahagow Sports Centre</b>	<b>Yoga</b> 7:30pm-9:00pm						
<b>The Fountain, Lesmahagow</b> <i>(meet in car park)</i>	<b>Free Health Walk</b> 11:00am-11:30am						
<b>The Hoops Café</b> <i>(Greyfriars Church hall)</i>			<b>Free Health Walk</b> 11:00am-11:30am				



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>East Kilbride Area</b>							
<b>Alistair McCoist Centre</b>	<b>Yoga</b> 10:00am-11:30am <b>Walking Football</b> 11:00am-12:00pm	<b>Active Tuesday</b> 9:30am-11:30am		<b>Walking Netball</b> 11:00am-12:00pm	<b>Zumba</b> 9:45am-10:45am <b>Yoga</b> 10:00am-11:30am <b>Walking Football</b> 11:00am-12:00pm		
<b>Ballerup Hall</b>		<b>Line Dancing</b> 6:30pm-8:30pm	<b>Line Dancing</b> 10:30am-11:30am 12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm 3:00pm-4:00pm	<b>Line Dancing</b> 10:00am-11:00am <b>Tea Dance</b> 1:30pm-3:30pm <b>Line Dancing</b> 6:30pm-8:30pm			
<b>Ballgreen Hall</b>	<b>Easy Aerobics</b> 10:00am-11:00am		<b>Easy Aerobics</b> 10:00am-11:00am				
<b>Dollan Aqua Centre</b>	<b>Aqua Fit</b> 12:30pm-1:15pm <b>Pilates</b> 1:30pm-2:30pm <b>Yoga</b> 6:00pm-7:00pm <b>Body Balance</b> 7:00pm-8:00pm <b>Aqua Fit</b> 7:15pm-8:00pm	<b>Zumba</b> 12:00pm-12:55pm <b>Tai Chi</b> 1:30pm-2:30pm <b>Senior Circuits</b> 2:00pm-2:55pm <b>Body Balance</b> 7:00pm-8:00pm	<b>Aqua Fit</b> 12:00pm-12:45pm <b>Toff 50+</b> 12:30pm-1:30pm <b>Pilates</b> 12:30pm-1:30pm <b>Pilates</b> 6:00pm-6:55pm <b>Aqua Fit</b> 7:15pm-8:00pm <b>Aqua Fit</b> 7:15pm-8:00pm	<b>Zumba</b> 12:00pm-12:55pm <b>Club Circuits</b> 1:00pm-1:55pm <b>Senior Circuits</b> 2:00pm-2:55pm <b>Weigh to Go</b> 5:30pm-7:00pm	<b>Aqua Fit</b> 12:30pm-1:15pm <b>Toffs 50+</b> 12:30pm-1:15pm		



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>East Kilbride Area (cont'd)</b>							
<b>Duncanrig Sports Centre</b>		<b>Yoga</b> 7:00pm-8:25pm					<b>Zumba</b> 2:30pm-3:30pm
<b>John Wright Sports Centre</b>	<b>Active Monday</b> 9:30am-11:30am <b>Tai Chi</b> 11:00am-12:30pm <b>Club Movers</b> 2:00pm-3:00pm <b>Senior Circuits</b> 3:00pm-4:00pm <b>Yoga</b> 7:15pm-8:45pm	<b>Body Balance</b> 11:00am-11:55am <b>Yoga</b> 12:00pm-1:25pm <b>50+</b> 2:00pm-2:55pm <b>Body Balance</b> 6:45pm-7:45pm	<b>PIYO</b> 9:15am-10:00am <b>Culture Wednesday</b> 10:00am-12:00pm <b>Tai Chi</b> 3:00pm-3:55pm	<b>Tai Chi</b> 10:00am-10:55am <b>Yoga</b> 11:00am-12:30pm <b>50+</b> 11:00am-12:00pm <b>Weigh to Go</b> 12:30pm-2:00pm <b>Active Thursday</b> 1:00pm-2:30pm <b>Body Balance</b> 6:45pm-7:30pm	<b>PIYO</b> 10:30am-11:25am <b>Tai Chi</b> 11:00am-11:55am		<b>PIYO</b> 10:30am-11:25am <b>Body Balance</b> 1:15pm-2:15pm <b>Fit Steps</b> 5:15pm-6:15pm
<b>Murray Owen Centre</b>	<b>Easy Aerobics</b> 7:10pm-8:10pm			<b>Free Walking Group</b> 10:30am-11:30am			
<b>Stewartfield Community Centre</b>	<b>Yoga</b> 6:30pm-7:55pm <b>Zumba</b> 7:00pm-8:00pm	<b>Yoga</b> 11:00am-12:30pm <b>Active Dance</b> 1:30pm-3:30pm	<b>Yoga</b> 7:00pm-8:30pm	<b>Tai Chi</b> 1:00pm-2:00pm <b>Chair Yoga</b> 2:00pm-3:00pm <b>Yoga</b> 6:20pm-7:50pm	<b>Fit Steps</b> 12:00pm-1:00pm		



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>East Kilbride Area (cont'd)</b>							
<b>Strathaven Leisure Centre</b>	<b>Club Circuit</b> 2:00pm-3:00pm <b>Body Conditioning</b> 6:00pm-7:00pm	<b>Body Balance</b> 9:30am-10:15am <b>Aqua Fit</b> 10:15am-11:00am <b>Weigh to Go</b> 7:00pm-8:30pm <b>Body Balance</b> 7:30pm-8:30pm	<b>Aquafit</b> 10:45am-11:30am <b>Club Movers</b> 11:00am-12:00pm <b>Body Conditioning</b> 7:00pm-8:00pm	<b>Body Balance</b> 10:00am-11:00am <b>Body Balance</b> 7:30pm-8:30pm <b>Bounce Back to Netball</b> 8:00pm-9:00pm	<b>Aquafit</b> 11:15am-12:00pm	<b>PIYO</b> 11:00am-12:00pm	<b>Yoga</b> 11:00am-12:00pm
<b>Strathaven Park (Barrie Shelter)</b>				<b>Free Health Walk</b> 10:00am-10:45am			
<b>Hamilton / Blantyre Area</b>							
<b>Blantyre Leisure Centre</b>	<b>Aqua Fit</b> 9:45am-10:30am <b>Body Vive</b> 11:00am-12:00pm <b>Pilates</b> 6:30pm-7:30pm <b>Yoga</b> 8:40pm-9:55pm	<b>Active Tuesday</b> 9:30am-11:30am <b>Yoga</b> 12:30pm-2:00pm <b>Aqua Fit</b> 2:15am-3:00pm	<b>Body Vive</b> 11:00am-12:00pm <b>Line Dancing</b> 1:30pm-3:30pm <b>Yoga</b> 8pm-9:45pm	<b>Pilates</b> 11:00am-12:00pm <b>Strength and Balance</b> 1:00pm-2:00pm <b>Club Circuits</b> 2:00pm-3:00pm	<b>Aqua Fit</b> 9:45am-10:00am <b>Club Movers</b> 10:00am-11:00am <b>Zumba</b> 10:00am-11:00am		
<b>Chatelherault Country Park</b>		<b>Free Walking Group (long and short walks)</b> 10:30am-11:30am					



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Hamilton / Blantyre Area (cont'd)</b>								
<b>Fairhill Lifestyles</b>	<b>Club Circuits</b> 11:45am-12:45pm	<b>Club Movers</b> 11:15am-12:15pm <b>Yoga</b> 6:30pm-7:30pm <b>Zumba</b> 7:30pm-8:25pm	<b>Fit Steps</b> 11:45am-12:30pm <b>Pilates</b> 7:30pm-8:30pm	<b>Line Dancing</b> <i>(intermediate/advanced)</i> 11:00am-12:00pm <b>Guided Relaxation</b> 5:45pm-6:15pm <b>Yoga</b> 6:30pm-7:30pm <b>Zumba</b> 7:30pm-8:30pm	<b>Weigh to Go</b> 12:30pm-2:00pm	<b>Zumba</b> 9:30am		
<b>Hamilton Water Palace</b>	<b>Line Dancing</b> 11:00am-12:00pm <b>Aquafit</b> 12:00pm-12:45pm <b>Easy Movers</b> 1:30pm-2:30pm	<b>Fit Steps</b> 9:30am-10:30am <b>Line Dancing</b> 11:00am-11:55am <b>Pilates</b> 12:30pm-1:30pm	<b>Easy Movers</b> 10:30am-11:30am <b>Aqua Fit</b> 11:45am-12:30pm <b>Club Circuits</b> 2:00pm-3:00pm	<b>Pilates</b> 12:30pm-1:30pm <b>Easy Movers</b> 1:30pm-2:25pm <b>Weigh to Go</b> 2:30pm-4:00pm <b>Zumba</b> 5:30pm-6:25pm <b>Pilates</b> 6:30pm-7:25pm	<b>Club Movers</b> 11:00am-12:00pm <b>Aqua Fit</b> 12:00pm-12:45pm <b>Yoga</b> 1:15pm-2:45pm <b>PIYO</b> 4:15pm-5:00pm			
<b>Hareleeshill Sports Barn</b>	<b>Strutherhill Bowling</b> 12:00pm-1:00pm <b>Line Dancing</b> 8:00pm-9:00pm		<b>Strutherhill Bowling</b> 12:00pm-1:00pm					
<b>Hillhouse Community Centre</b>	<b>Older Adult Provision</b> 12:45pm-1:45pm							
<b>Jock Stein Centre</b>	<b>Body Balance</b> 7:30pm-8:30pm	<b>Line Dancing</b> 11:00am-12:00pm <b>Body Balance</b> 8:00pm-9:00pm		<b>Active Thursday</b> 9:30am-11:30am	<b>Body Balance</b> 10:30am-11:30am <b>Line Dancing</b> 11:30am-12:30pm			

For further information on Activage please check the [SLLC website](#), or if you have any questions or enquiries with regards to our Activage Timetable, please contact [Scott Crone](#) or your local [SLLC leisure centre](#).



## Activage Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hamilton / Blantyre Area (cont'd)</b>							
<b>Larkhall Community Growers</b> <i>Contact 01698 888197 office@larkhallcommunitygrowers.com</i>		<b>Gardening Group</b> 9:30am-2:00pm					
<b>Larkhall Leisure Centre</b>	<b>Aqua Fit</b> 9:15am-10.00am	<b>Pilates</b> 10:30am-11:30am <b>Senior Circuits</b> 2:00pm-3:00pm <b>Weigh to Go</b> 6:15pm-7:45pm <b>Aqua Fit</b> 7:30pm-8:15pm <b>Yoga</b> 7:30pm-8:30pm	<b>Active Wednesday</b> 9:30am-11:30am <b>Aqua Fit</b> 10:30am-11:15am <b>Easy Yoga</b> 10:30am-11:30am <b>Weigh to Go</b> 1:00pm-2:00pm	<b>Pilates</b> 10:30am-11:30am <b>Yoga</b> 8:30pm-9:15pm			
<b>Low Parks Museum</b>					<b>Active Friday</b> 9:30am-11:30am		
<b>Redlees Park</b> <i>Meet in car park on Blantyre Farm road</i>		<b>Free Health Walk</b> 5:00pm-6:00pm					
<b>Stonehouse Lifestyles</b>	<b>Easy Aerobics</b> 11:30am-12:30pm						
<b>Strathclyde Country Park</b> <i>(meet golf course car park)</i>				<b>Free Cycling Group</b> <i>Bikes provided no charge</i> 1:00pm-2:00pm			
<b>Uddingston Sports Centre</b> <i>(at Uddingston Grammar)</i>		<b>Pilates</b> 7:15pm-8:15pm	<b>Weigh to Go</b> 7:00pm-8:30pm	<b>Yoga</b> 7:00pm-8:00pm		<b>Older People's Activities</b> 12:00pm-2:00pm	