

Inverkip Community Hub

Program Jan 2017

<u>MONDAY</u>	Organiser	Room	Times	Starting
Pilates	Jenn Forbes	Main Hall	09.30am - 11.30am	TBC
Respite Services	Inverclyde Council	Training Room	10.00am - 3pm	TBC
Library	Inverclyde Council	Library	3.30pm - 7pm	TBC
Childrens Yoga	Entreprise Childcare	Training/Meeting Room	4.30pm - 5.30pm	TBC
Ab Attack	Inverclyde Leisure	Main Hall	6pm - 6.30pm	16th JAN
Total Body Training	Inverclyde Leisure	Main Hall	6.30pm - 7.30pm	16th JAN
Weight Watchers	Carol Anne	Training/ Meeting room	6pm - 8pm	9th Jan
Yoga	Joanna Ritchie	Main Hall	7.45pm - 9.15pm	16th JAN
Football	Inverkip Comm Hub	Astro Turf	6pm - 9pm	9th JAN

TUESDAY

Library	Inverclyde Council	Library /Training room	1pm - 2pm	TBC
Library	Inverclyde Council	Library	2pm - 5pm	TBC
Metafit	Inverclyde Leisure	Main Hall	5.30pm - 6pm	17th JAN
Kettlebells Conditioning	Inverclyde Leisure	Main Hall	6pm - 6.30pm	17th JAN
Zumba Dance	Mags McMahon	Main Hall	7pm - 8pm	TBC
Football	Inverkip Comm Hub	Astro Turf	6pm - 9pm	10th Jan

WEDNESDAY

Fatburn Extreme	Inverclyde Leisure	Main Hall	9.30am - 10am	18th Jan
Kettlebell Conditioning	Inverclyde Leisure	Main Hall	10am - 10.30am	18th Jan
Restbite	Inverclyde Council	Training room	10am - 3pm	TBC
Zumba Gold	Ursula	Main Hall	2pm - 3pm	11th Jan
Metafit	Inverclyde Leisure	Main Hall	6pm - 6.30pm	18th Jan
Kettlebell Conditioning	Inverclyde Leisure	Main Hall	6.30pm - 7pm	18th Jan
Yoga	Joanna Ritchie	Main Hall	7.45pm - 9.15pm	11th Jan
Knit & Knatter	Jean Anderson	Meeting Room	7.30pm - 9.30pm	11th Jan
Football	Inverkip Comm Hub	Astro Turf	6pm - 9PM	11th Jan

THURSDAY

Library	Inverclyde Council	Library	3.30pm - 7pm	TBC
Slimming World	Lisa McNelis	Main Hall	4.30pm - 9.30pm	12th Jan
Football	Inverkip Comm Hub	Astro Turf	5pm - 9pm	12th Jan

FRIDAY

Library	Inverclyde Council	Library	2pm - 5pm	TBC
LJ Dance	Lynn Anderson	Main Hall	6pm - 9pm	13th Jan
Football	Inverkip comm Hub	Astro Turf	6pm - 9pm	13th Jan

SATURDAYS

Library	Inverclyde Leisure	Library	10am - 1pm	TBC
Kids Parties	Inverkip	Main Hall	12.30pm - 3.30pm	21st Jan
Five a side	Inverkip	Astroturf	10.30am - 3.30pm	21st Jan