

	TIME	ROOM
Monday		
T.I.G.E.R.S – Training Initiative	9.00am–5.00pm	Room 1
Good Move: Easy Exercise Class	10.00am–11.00am	Main Hall
Lightburn Harmony Club	12.00pm–3.00pm	Multi-Purpose Room
Friendship Club	1.00pm–3.00pm	Main Hall
Councillor Anne Simpson (2 nd Mon of Month)	3.30pm–4.30pm	Multi-Purpose Room
Councillor John McLaughlin (2 nd Mon of Month)	5.30pm–6.30pm	Room 2
Tae Kwon Do	5.30pm–8.30pm	Main Hall
Judo	5.30pm–9.30pm	Multi-Purpose Room
Zumba	8.30pm–9.30pm	Main Hall
Tuesday		
T.I.G.E.R.S – Training Initiative	9.00am–5.00pm	Room 1
Cordia Meeting	10.00am–12.00pm	Multi-Purpose Room
Sequence Dancing Rehearsals	11.30am–12.30pm	Main Hall
Link Club	12.00pm–2.00pm	Boxing Room
Sequence Dancing	1.00pm–3.00pm	Main Hall
GL Strength & Balance Circuit	2.00pm–3.00pm	Multi-Purpose Room
NHS Pulmonary Rehabilitation	2.30pm–3.00pm	Room 2
NHS Pulmonary Rehabilitation	3.00pm–4.00pm	Main Hall
Weight Watchers	6.00pm–8.00pm	Main Hall
Boxing Club	6.00pm–8.00pm	Boxing Room
Spiritualist Church	6.30pm–9.30pm	Multi-Purpose Room
Wednesday		
T.I.G.E.R.S – Training Initiative	9.00am–5.00pm	Room 1
Weight Watchers	9.30am–11.30am	Multi-Purpose Room
Stroke Club	12.00pm–3.00pm	Multi-Purpose Room
Cordia Meeting	6.00pm–7.00pm	Room 2
Boxercise	6.00pm–7.00pm	Main Hall
Weight Watchers	6.00pm–8.00pm	Multi-Purpose Room
Boxing Club	6.00pm–8.00pm	Boxing Room
Tae Kwon Do	7.00pm–8.00pm	Main Hall
Thursday		
T.I.G.E.R.S – Training Initiative	9.00am–5.00pm	Room 1
Seed Group	12.00pm–2.00pm	Multi-Purpose Room
GL Strength & Balance Circuit	12.30pm–1.30pm	Main Hall
NHS Pulmonary Rehabilitation	2.30pm–4.00pm	Main Hall
Judo	5.30pm–9.30pm	Multi-Purpose Room
Boxing Club	6.00pm–8.00pm	Boxing Room
Zumba	6.30pm–7.30pm	Main Hall
Zumba	7.30pm–8.30pm	Main Hall
Body Blast Toning	8.30pm–9.30pm	Main Hall
Friday		
T.I.G.E.R.S – Training Initiative	9.00am–5.00pm	Room 1
The Budhill Group	10.00am–2.00pm	Main Hall
Saturday		
Valda Hunter School Of Dance	9.00am–12.00pm	Main Hall
Bijou Babies	10.00am–12.00pm	Multi-Purpose Room
Children's Birthday Parties (age 1–12yrs)	1.00pm–3.00pm	Various

Programme correct at April 2017.

If visiting for a specific activity, please call the centre in advance to confirm it is running as scheduled.

Having a party or organising a club?

Shettleston Community Centre has rooms available for hire for a variety of uses including children's birthday parties, social functions, community and social groups and commercial activities.

To book or get more information, please phone us on 0141 764 1165.