

Vitality Timetable – Glasgow

January 2022

GC = Glasgow Club

S&B = Strength and Balance

Class	Venue	Postcode	Day	Time
S&B Class	GC Bellahouston	G52 1HH	Wednesday	2.45pm – 3.45pm
S&B Class	GC Bellahouston	G52 1HH	Thursday	1.00pm - 2.00pm
S&B Circuit	GC Drumchapel Pool	G15 8NS	Monday	10.30am - 11.15am
S&B Circuit	GC Scotstoun	G14 9HQ	Monday	3.15pm – 4.15pm
S&B Circuit	GC Bellahouston	G52 1HH	Tuesday	10.15am - 11.15am
S&B Circuit	GC Tollcross (Wellshot Hall)	G32 7QR	Tuesday	12pm – 1.00pm
S&B Circuit	GC Springburn	G21 1JY	Tuesday	2.00pm – 3.00 pm
S&B Circuit	GC Easterhouse Pool	G34 9JW	Wednesday	12pm - 1.00pm
S&B Circuit	GC Castlemilk SC	G45 9NH	Wednesday	2.00pm – 3.00pm
S&B Circuit	GC Scotstoun	G14 9HQ	Thursday	2.30pm - 3.30pm
Step In Circuit	GC Springburn	G21 1JY	Monday	11.30am - 12.30pm
Step In Circuit	GC Gorbals	G5 0YP	Monday	1.45pm - 2.45pm
Step In Circuit	GC Springburn	G21 1JY	Wednesday	12.30pm - 1.30pm
Step In Circuit	GC Bellahouston	G52 1HH	Wednesday	1.30pm – 2.30pm
Step In Circuit	GC Pollok	G53 6EW	Thursday	2.15pm - 3.15pm
Step In Circuit	GC Bellahouston	G52 1HH	Friday	2.00pm - 3.00pm
Step In Circuit	GC Castlemilk SC	G45 9NH	Friday	10.45am - 11.45am
Step Up Circuit	GC Scotstoun	G14 9HQ	Monday	2.00pm - 3.00pm
Step Up Circuit	GC Tollcross	G32 7QR	Monday	12.15pm - 1.15pm
Step Up Circuit	GC Bellahouston	G52 1HH	Wednesday	12.30pm - 1.30pm