

**MONDAY**

<b>TIME</b>	<p>9.30am - 11.30am                  9.30am - 10.15am                  10.30am - 11.15am                  5.30pm - 7.00pm (Term Time)                  7.30pm - 9.00pm (Term Time)                  6.30pm - 7.15pm                  7.30pm - 8.15pm</p>	<b>PLACE</b>	<p>31 Maple Drive, Johnstone                  Linwood Baptist Church  <b>Linwood Baptist Church</b>                  Tannahill Centre, Ferguslie  <b>Tannahill Centre, Ferguslie</b>                  Johnstone Castle Community Centre  <b>Johnstone Castle Community Centre</b></p>	<b>COST</b>	<p><b>Health Walk</b>                  Ballroom Fitness  <b>Clubbercise</b>                  Youth Club (P6 and P7)  <b>Youth Club (\$1 - \$6)</b>                  Clubbercise  <b>Clubbercise</b></p>	<p><b>Free</b>                  £2.00  <b>£3.50</b>                  Free  <b>Free</b>                  £3.50  <b>£3.50</b></p>
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**TUESDAY**

<b>TIME</b>	<p>9.30am - 11.30am                  1.00pm - 3.00pm                  6.00pm - 7.00pm                  6.30pm - 7.15pm                  6.30pm - 7.30pm                  6.00pm - 7pm (Term Time)                  7.00pm - 8pm (Term Time)</p>	<b>PLACE</b>	<p><b>AC shop, 16 Quarry Street, Johnstone</b>                  Belmar Court, Linwood  <b>Lagoon Leisure Centre</b>                  Renfrew High School  <b>Gleniffer High School</b>                  St Benedict's High School  <b>St Benedict's High School</b></p>	<b>COST</b>	<p><b>Health Walk</b>                  Health Walk  <b>Jogging Buddies</b>                  Pound  <b>Jogging/Walking Buddies</b>                  Parkour (under 18s)  <b>Parkour (under 18s)</b></p>	<p><b>Free</b>                  Free  <b>£3.00</b>                  £3.50  <b>£3.00</b>                  £2.50  <b>£2.50</b></p>
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**WEDNESDAY**

<b>TIME</b>	<p>9.30am - 10.30am                  10.30am - 11.30am                  6.00pm - 7.00pm                  6.45pm - 7.30pm                  7.00pm - 8.00pm</p>	<b>PLACE</b>	<p><b>Tannahill Centre, Ferguslie</b>                  Elderslie Kirk (detached hall)  <b>Safer Stronger Communities Glenburn</b>                  Linwood High School  <b>Ralston Sports centre</b></p>	<b>COST</b>	<p><b>Feel Good Ferguslie</b>                  Active Mums  <b>Family Pound</b>                  Clubbercise  <b>Jogging Buddies</b></p>	<p><b>Free</b>                  £3.00  <b>Free</b>                  £3.50  <b>£3.00</b></p>
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**THURSDAY**

<b>TIME</b>	<p>3.15pm - 4.45pm (Term Time)                  5.45pm - 6.30pm                  6.45pm - 7.30pm                  6.30pm - 7.30pm                  6.30pm - 7.30pm</p>	<b>PLACE</b>	<p><b>Johnstone Castle Community Centre</b>                  Tannahill Centre, Ferguslie  <b>Tannahill Centre, Ferguslie</b>                  Elderslie Village Hall  <b>Erskine Sports Centre</b></p>	<b>COST</b>	<p><b>Active Families</b>                  Clubbercise  <b>Clubbercise</b>                  Jogging /Walking Buddies  <b>Jogging Buddies</b></p>	<p><b>Free</b>                  £3.50  <b>£3.50</b>                  £3.00  <b>£3.00</b></p>
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**FRIDAY**

<b>TIME</b>	<p>9.30am - 10.15am                  10.00am - 12.00pm                  10.30am - 11.30am</p>	<b>PLACE</b>	<p><b>Johnstone Town Hall</b>                  AC shop, 16 Quarry Street, Johnstone  <b>Intu Braehead (Costa in the foodcourt)</b></p>	<b>COST</b>	<p><b>Feel Good Fitness</b>                  Feel Good Friday Drop-In  <b>Buggy Buddies</b></p>	<p><b>£3.00</b>                  Free  <b>£3.00</b></p>
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**SATURDAY**

<b>TIME</b>	<p>10.00am - 11.00am                  11.30am - 12.30pm (Term Time)</p>	<b>PLACE</b>	<p><b>Linwood On-X</b>                  Linwood On-X</p>	<b>COST</b>	<p><b>Jogging Buddies</b>                  Girls on the Run</p>	<p><b>£3.00</b>                  £2.50</p>
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