

## WHAT'S ON GUIDE JANUARY - MARCH 2019

### MONDAY

Start	Finish	Start Date	Venue	Activity	Cost
9.30am	10.15 am	14th Jan 2019	Linwood Baptist Church	Ballroom Fitness	£2.00
10.30am	11.15am	14th Jan 2019	Linwood Baptist Church	Clubbercise	£3.50
6.00pm	7.30pm	7th Jan 2019	Tannahill Centre, Ferguslie	Youth Club P4 - P7	Free

### TUESDAY

Start	Finish	Start Date	Venue	Activity	Cost
9.30am	11.30am	8th Jan 2019	Community Hub, 16 Quarry Street, Johnstone	Walking Buddies	Free
12.45pm	1.45pm	8th Jan 2019	Tannahill Centre, Ferguslie	Walking Buddies	Free
1.00pm	3.00pm	8th Jan 2019	Belmar Court, Linwood	Walking Buddies	Free
6.00pm	7.00pm	8th Jan 2019	Lagoon Leisure Centre, Paisley	Jogging Buddies	£3.00
6.00pm	7.00pm	8th Jan 2019	Lagoon Leisure Centre, Paisley	Walking Buddies	Free
6.00pm	7.00pm	8th Jan 2019	St. Benedict's High School, Linwood	Parkour	£3.50
6.30pm	7.30pm	8th Jan 2019	Gleniffer High School, Foxbar	Jogging Buddies	£3.00
6.30pm	7.30pm	8th Jan 2019	Gleniffer High School, Foxbar	Walking Buddies	Free
7.00pm	8.00pm	8th Jan 2019	St. Benedict's High School, Linwood	Parkour	£3.50

### WEDNESDAY

Start	Finish	Start Date	Venue	Activity	Cost
10.00am	12.00pm	16th Jan 2019	Community Hub, 16 Quarry Street, Johnstone	Singing Buddies *** NEW ***	Free
10.30am	11.30am	23rd Jan 2019	Johnstone Castle Community Centre *new venue*	Active Mums	£3.00
11.30am	12.30pm	23rd Jan 2019	Johnstone Castle Community Centre	Feel Good Drop-In *** NEW ***	Free
3.30pm	4.15pm	23rd Jan 2019	Johnstone Castle Community Centre	Dancing Families *** NEW ***	Free
3.30pm	5.30pm	9th Jan 2019	Community Hub, 16 Quarry Street, Johnstone	Youth Drop In	Free
6.00pm	6.45pm	9th Jan 2019	McMaster Sports Centre Johnstone	Clubbercise	£3.50
6.45pm	7.30pm	9th Jan 2019	Linwood High School	Clubbercise	£3.50
7.00pm	8.00pm	9th Jan 2019	Ralston Sports Centre	Jogging Buddies	£3.00
7.00pm	9.00pm	9th Jan 2019	St. Ninians Church Hall, Ferguslie	Youth Club S1+	Free

### THURSDAY

Start	Finish	Start Date	Venue	Activity	Cost
09.30am	11.30am	17th Jan 2019	KLAS Care, Gilmartin Rd, Linwood	Feel Good Drop-In *** NEW ***	Free
09.30am	11.30am	To be confirmed	KLAS Care, Gilmartin Rd, Linwood	Bike Buddies	£3.00
1.00pm	3.00pm	17th Jan 2019	Community Hub, 16 Quarry Street, Johnstone	Memories Café *** NEW ***	Free
3.15pm	4.45pm	10th Jan 2019	Johnstone Castle Community Centre	Active Families	Free
5.45pm	6.30pm	10th Jan 2019	Tannahill Centre, Ferguslie	Clubbercise	£3.50
6.30pm	7.30pm	10th Jan 2019	Community Hub, 16 Quarry St., Johnstone *new venue*	Jogging Buddies	£3.00
6.30pm	7.30pm	10th Jan 2019	Community Hub, 16 Quarry St., Johnstone *new venue*	Walking Buddies	Free
6.30pm	7.30pm	10th Jan 2019	Erskine Sports Centre	Jogging Buddies	£3.00
6.45pm	7.30pm	10th Jan 2019	Tannahill Centre, Ferguslie	Clubbercise	£3.50

### FRIDAY

Start	Finish	Start Date	Venue	Activity	Cost
9.30am	10.15am	11th Jan 2019	Johnstone Scout Hall, Canal Rd. *new venue*	Feel Good Fitness	£3.00
10.00am	12.00pm	4th Jan 2019	Community Hub, 16 Quarry St., Johnstone *new time*	Feel Good Friday Drop-In	Free
10.30am	11.30am	11th Jan 2019	Intu Braehead (Costa in the foodcourt)	Buggy Buddies	£3.00

### SATURDAY

Start	Finish	Start Date	Venue	Activity	Cost
10.00 am	11.00am	12th Jan 2019	ON-X, Brediland Rd, Linwood	Jogging Buddies	£3.00
10.15am	11.15 am	19th Jan 2019	KLAS Care, Gilmartin Rd, Linwood	Junior Jog	£2.50
11.30am	12.30pm	19th Jan 2019	KLAS Care, Gilmartin Rd, Linwood	Girls on the Run	£2.50

### SUNDAY

Start	Finish	Start Date	Venue	Activity	Cost
1.00pm	3.00pm	on-going	Community Hub, 16 Quarry Street, Johnstone	Sunday Blether	Free

### KAIROS - women supporting women

for details of What's On at Kairos?...

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