

'What's On' at Heart of Scotstoun Community Centre

Mondays

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| DMAC - Law and Money advice | 9.30am - 12.30pm | appointment only, call 0141 944 0507 |
| Healthy Walks | 2.30pm - 3.30pm | Free |
| Youth Group (age 12+) | 5pm - 8pm | Free |
| Dance (5 - 7/8 years) | 6pm - 7pm | £1 |
| Dance (7/8 - 10 years) | 7pm - 8pm | £1 |

Tuesdays

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| Revitalise - Arts & Crafts (60+) | 12pm - 1pm | £2.50 |
| Pàrant is Pàisde - Gaelic toddler group | 12.30pm - 2.30pm | £1.50 (covers 2 sessions per week) |
| Internet Cafe | 2pm - 4pm | Free |
| Youth Group (age 8-11 years) | 4.30pm - 6.30pm | Free |
| Metafit with NB Fitness | 6pm - 6.45pm | £4 |
| Yoga with Core Connections | 6.30pm - 7.30pm | See www.facebook.com/coreconnections.glasgow |
| Emma Steenson Pilates | 7pm - 8pm | www.pilates-glasgow.co.uk for more information |
| Country Dancing | 7.30pm - 9.30pm | Fortnightly. Please contact reception |

Wednesdays

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|---------------------------------------|-----------------|--|
| HoS Play Dates - Toddler Group | 10am - 12.30pm | £1 |
| Hands of Scotstoun (knitting, sewing) | 1pm - 3pm | £1 suggested donation |
| Karate (age 4 - 7 yrs) | 4pm - 5pm | www.senjokaikarate.co.uk |
| Karate (age 7 years +) | 5pm - 6pm | www.senjokaikarate.co.uk |
| Youth Group (age 12+) | 5pm - 8pm | Free |
| Super Diva Stage School (9 years +) | 5.30pm - 7.30pm | £5 |
| Internet Cafe | 5.30pm - 7.30pm | Free |

Thursdays

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|---|------------------|------------------------------------|
| Revitalise - Easy Exercise (60+) | 10am - 10.45am | £2 |
| Stay & Play (18m - 3 yrs) | 10am - 11.30am | Free |
| Pàrant is Pàisde - Gaelic toddler group | 12.30pm - 2.30pm | £1.50 (covers 2 sessions per week) |
| Quilt @ Heart | 2pm - 4pm | £2 - Please contact reception |
| Youth Group age (age 12+) | 5pm - 8pm | Free |
| Fitness @ Heart (age 5-10) | 5pm - 6pm | £1 |
| Full body fitness with Eilidh | 6pm - 6.30pm | £3 (both classes £5) |
| Full body fitness with Eilidh | 6.30pm - 7pm | £3 (both classes £5) |

Fridays

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|--------------------------------|-------------------|--|
| Metafit | 10am - 10.45am | £4 |
| HoS Play Dates - Toddler Group | 10am - 12.30pm | £1 |
| Healthy Walks | 11am - 12pm | Free |
| Yogalates with Eilidh | 11.30am - 12.30pm | £4 |
| Hearty Scotstoun Seniors Club | 12pm - 2pm | £3 |
| Karate (age 7+) | 4.30pm - 5.30pm | www.senjokaikarate.co.uk |
| Youth Group age (age 12+) | 5pm - 8pm | Free |
| A+M Dance (age 10+) | 6pm - 8pm | Free |

Saturdays

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|---------------------------|-------------|----|
| Ballet (8-12yrs) | 10am - 11am | £3 |
| Jazz Dance (up to 16 yrs) | 11am - 12pm | £3 |



www.facebook.com/heartofscotstoun



www.heartofscotstoun.org



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