

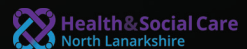


WEIGH TO GO

TIMETABLE

Centre	Day	Time	Time	Class
Airdrie	Mondays	19:00	19:45	Weigh to Go
Airdrie	Tuesdays	11:45	13:15	Weigh to Go
Aquatec	Fridays	10:30	12:00	Weigh to Go
Aquatec	Wednesday	10:30	12:00	Weigh to Go
Broadwood	Thursdays	10:00	11:30	Weigh to Go
Ravenscraig	Mondays	17:00	18:30	Weigh to Go
Shotts	Thursdays	19:30	21:00	Weigh to Go
Sir Matt Busby Sports Complex	Mondays	17:45	19:15	Weigh to Go
Time Capsule	Fridays	13:30	15:00	Weigh to Go
Tryst	Tuesdays	18:15	19:45	Weigh to Go
Tryst	Thursdays	18:00	19:30	Weigh to Go
Wishaw	Wednesdays	19:00	20:30	Weigh to Go

Weigh to Go is a free 15 week healthy eating and physical activity programme available to anyone over 16 years old living in Lanarkshire. The programme is run in partnership with NHS Lanarkshire.



Register for your FREE place by calling direct to the venue of your choice or by emailing melanie.menzies@nleisure.com

