



Inchgarth Fitness Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am-9.30pm Fitness Gym	10am-9.30pm Fitness Gym	9.30am-9.30pm Fitness Gym	9.30am-9.30pm Fitness Gym	10am-9pm Fitness Gym	9am-4pm Fitness Gym	10am-9.30pm Fitness Gym
10.30-11.30am Chair based Tai Chi	9.30-10.30am Zumba gold	1-3pm A Chance To Dance <i>Create Aberdeen</i>	10-10.45am Chair based Zumba	10am-12noon Easy Moves & Grooves <i>Create Aberdeen</i>	9.30-10am Danspirations Ballet (preschool)	6.30-7.30pm Salsa (Beginners)
4-4.30pm On The Ball Football Coaching (Under 5's)	2.15-3.00pm Chair Based Zumba	3.30-4.30pm Childrens Athletics <i>with AAAC</i>	12.15-1pm Zumba	6.30-8.30pm Aberdeen Aikido Club (Adults and Age 12+)	10-10.30am Danspirations Tap (preschool)	7.30-8.30pm Salsa (Intermediate)
4.35-5.35pm On The Ball Football Coaching (6-10 years)	3.30-4.30pm Kids Zumba (P1-P5)	4.15-5pm Danspirations Ballet (P4-S1)	5-6pm Kids Cheerleading & Pompom	6.30-7.35pm Ballroom dancing (Beginners plus)	10.30-11.15am Danspirations Ballet (P1-P3)	
4.30-5.30pm Kids Capoeira	4.30-5.30pm Kids Zumba (P3-P7)	5-5.45pm Danspirations Tap (P4-S1)	6-6.45pm Rhythm Nation Streetdance (Age 4-7)	7.25-8.30pm Ballroom dancing (Beginners)	10.30-11.30am Capoeira (Youths & adults)	
6-7pm Jympa Friskis&Svettis	6.30-.30pm Cuban Salsa	5.30-6.30pm Yoga	6.30-7.30pm B-Fit Aberdeen		11.15am-12 noon Danspirations Tap (P1-P3)	
6.30-7.30pm Inclusive Zumba <i>Create Aberdeen</i>	6.30-8.30pm Aberdeen Aikido Club (Adults & teens)	5.45-6.30pm Danspirations Modern Jazz (P4-S1)	7-8pm Rhythm Nation Streetdance (Age 8-11)		11.30am-12.30pm Yoga with Manisha	
7-8.30pm Kenshinkan Shotokan Karate-do Scotland (Teens & Adults)		6-7pm Jympa Friskis&Svettis	7-8.30pm Kenshinkan Shotokan Karate-do Scotland (Teens & Adults)		12noon-12.45pm Danspirations Modern Jazz (P1-P3)	
6.30-7.30pm Bachata		6.30-7.30pm Danspirations Tap (Adults)	8-9pm Rhythm Nation Streetdance (Teens)		12.45-1.30pm Danspirations Ballet (P3-P5)	
		7.30-8.30pm Danspirations Fitsteps (Adults)			1.30-2.15pm Danspirations Tap (P3-P5)	

Fitness Gym
Mind & Body
Martial Arts
Fitness Classes
Dance/Dance Fitness