

# INCHGARTH MINI PROGRAMME

[WWW.INCHGARTH.ORG](http://WWW.INCHGARTH.ORG)

Tel:- 01224 325191

MONDAY		
ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In
Indoor carpet bowls	9.30AM - 11AM	Call 01224 325191 to book
Online Fitness Classes	10.30AM - 11.15AM	Call 01224 325191 to book
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 7PM	Hot drinks, tray bakes, sweets, soft drinks
Nemesis Kickboxing Ninjas (Age 4 - 7)	4.00PM - 4.30PM	Call Steve 07912 572352
Nemesis Kickboxing Samurais (Age 7/8 -12)	4.45PM - 5.45PM	
Nemesis Kickboxing Teens & Adults	7.15PM - 8.30PM	
Kids Capoeira	4.30PM - 5.30PM	Call 07563 002500
Foodbank by Catalyst Vineyard Church	4PM - 6PM	Drop in - side entrance
Friskis and Svettis	6PM - 7PM	<a href="mailto:Info@fsaberdeen.co.uk">Info@fsaberdeen.co.uk</a>
Stitch'n'Bitch sewing, knitting, crochet+ group	6.00PM - 8PM	Call 01224 325191 to enquire
Adults Capoeira	7.00PM - 8PM	Call 07563 002500
TUESDAY		
ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
Kids Zumba (P1 - P5)	3.30PM - 4.30PM	Call us on 01224 325191 to book
Mandy's Art Class	1.45PM - 3.45PM	Call us for more info
Nemesis Kick Boxing Ninjas (Age 4 - 7)	4PM - 4.30PM	Call Steve 07912 572352
Nemesis Kick Boxing Samurais Sparring (Age 7/8 -12)	4.45PM - 5.45PM	
Nemesis Kick Beginners kids (Age 6 -10)	6PM - 7PM	
Nemesis Kick Boxing Teens & Adults	7.15PM - 8.30PM	Call Claire 07910 649502
Illusion Dance School - non competitive beginners (Age 3+)	4.30PM - 5.30PM	
Illusion Dance School - competitive (Under 12 years)	5.40PM - 7.10PM	
Illusion Dance School - competitive beginners (Over 12 years)	7.20PM - 8.50PM	
WEDNESDAY		
ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In
Indoor carpet bowls	9.30AM - 11AM	Call 01224 325191 to book
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 8PM	Hot drinks, tray bakes, sweets, soft drinks
Mandy's Art Class	1.45PM - 3.45PM	Call us for more info
Foodbank by Inchgarth & CFine	2.30PM - 4PM	Drop in - side entrance
Children's Drawing class	4PM - 5PM	Call 01224 325191 to book p3-p7 only
Children's Athletics with Aberdeen Amateur Athletic Club	3.30 - 4.30PM	<a href="mailto:pathways@aberdeenaac.co.uk">pathways@aberdeenaac.co.uk</a>
Ultimate Judo (Age 4 - 8)	4PM - 4.40PM	Call Gordon 07827 445514 (ages are a guide only)
Ultimate Judo (Age 9+)	4.50PM - 5.30PM	
Ultimate Judo (Age 4 - 8)	5.40PM - 6.20PM	
Friskis and Svettis	6PM - 7PM	<a href="mailto:Info@fsaberdeen.co.uk">Info@fsaberdeen.co.uk</a>
Silver City ring-craft dog group	7PM - 8.30PM	01224 694631 or <a href="mailto:scotspaul@aol.com">scotspaul@aol.com</a>

**THURSDAY**

ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In
Outdoor Toddlers Group	10AM - 11AM	inchgarthcc4@gmail.com
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
Kids Zumba (P6 - S2)	4PM - 5PM	Call us on 01224 325191 to book
Nemesis Kick Boxing Ninjas (Age 4 - 7)	4PM - 4.30PM	Call Steve 07912 572352
Nemesis Kick Boxing Samurais (Age 7/8-12)	4.45PM - 5.45PM	
Nemesis Kick Boxing Beginners kids (Age 6 - 10)	6PM - 7PM	
Nemesis Kick Boxing Teens & Adults	7.15PM - 8.45PM	

**FRIDAY**

ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In
Versus arthritis chair based tai chi	9.30AM - 10.30AM	Call Phillip on 01246 587144
Online Chair Based Exercises (suitable to wheelchair)	10.30AM - 11.15AM	Call 01224 325191 to book
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
Streetsports	4PM - 5PM	Drop In
Ultimate Judo (Age 4 - 8)	3.45PM - 4.25PM	Call Gordon 07827 445514 (ages are a guide only)
Ultimate Judo (Age 9 - 12)	4.35PM - 5.20PM	
Ultimate Judo (Age 12+)	5.30PM - 6.15PM	
Illusion Dance School - private lessons	4.30PM - 6.30PM	Call Claire 07910 649502
Illusion Dance School - competitive classes	6.30PM - 9PM	

**SATURDAY**

ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In
Peggy's Cafe	9AM - 3.30PM	Hot drinks, tray bakes, sweets, soft drinks
Ultimate Judo (Age 4 - 8)	9AM - 9.40AM	Call Gordon 07827 445514 (ages are a guide only)
Ultimate Judo (Age 9 - 11)	9.50AM - 10.35AM	
Ultimate Judo (Age 12 - 15)	10.45AM - 11.25AM	
Ultimate Judo (Age 4 - 8)	11.35AM - 12.15PM	
Ultimate Judo Seniors	12.30PM - 13.30PM	
Nemesis Kick Boxing Ninjas (4 - 6 years)	11.15PM - 11.45PM	Call Steve 07912 572352
Nemesis Kick Boxing Ninjas (4 - 6 years)	12.00PM - 12.30PM	
Nemesis Kick Boxing Beginners kids (Age 6 - 10)	12.45PM - 1.30PM	
Nemesis Kick Boxing Teens & Adults	2PM - 3.15PM	

**SUNDAY**

ACTIVITY	TIME	HOW TO BOOK
Outdoor Play Park	All Day	Drop In