

# Inchgarth Fitness Classes & Gym Timetable



The Queen's Award  
for Voluntary Service

The MBE for volunteer groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9.30am-9.30pm</b> Fitness Gym	<b>10am-9.30pm</b> Fitness Gym	<b>9.30am-9.30pm</b> Fitness Gym	<b>9.30am-9.30pm</b> Fitness Gym	<b>10am-9pm</b> Fitness Gym	<b>9am-4pm</b> Fitness Gym	<b>10am-9.30pm</b> Fitness Gym
<b>10.30-11.30am</b> Chair based Tai Chi	<b>9.30-10.30am</b> Zumba gold	<b>1-3pm</b> A Chance To Dance <i>Create Aberdeen</i>	<b>10-10.45am</b> Chair based Zumba	<b>10am-12noon</b> Easy Moves & Grooves <i>Create Aberdeen</i>	<b>9.30-10am</b> Danspirations Ballet (preschool)	<b>6.30-7.25pm</b> Salsa (Beginners)
<b>4.30-5.30pm</b> Kids Capoeira	<b>2.15-3.00pm</b> Chair Based Zumba	<b>3.30-4.30pm</b> Childrens Athletics <i>with AAAC</i>	<b>12.15-1pm</b> Zumba	<b>6.30-8.30pm</b> Aberdeen Aikido Club (Adults and Age 12+)	<b>10-10.30am</b> Danspirations Tap (preschool)	<b>7.30-8.00pm</b> Salsa (Intermediate)
<b>6-7pm</b> Jympa Friskis&Svettis	<b>3.30-4.30pm</b> Kids Zumba	<b>4.15-5pm</b> Danspirations Ballet (P4-S1)	<b>5-6pm</b> Kids Cheerleading & Pompom	<b>6.30-7.35pm</b> Ballroom dancing (Beginners plus)	<b>10.30-11.15am</b> Danspirations Ballet (P1-P3)	
<b>6.30-7.30pm</b> Inclusive Zumba <i>Create Aberdeen</i>	<b>4.30-5.30pm</b> Kids Zumba	<b>5-5.45pm</b> Danspirations Tap (P4-S1)	<b>6-6.45pm</b> Rhythm Nation Streetdance (Age 4-7)	<b>7.25-8.30pm</b> Ballroom dancing (Beginners)	<b>10.30-11.30am</b> Capoeira (Youths & adults)	
<b>7-8.30pm</b> Kenshinkan Shotokan Karate-do Scotland (Teens & Adults)	<b>6.30-7.30pm</b> Cuban Salsa	<b>5.30-6.30pm</b> Yoga	<b>6.30-7.30pm</b> B-Fit Aberdeen		<b>11.15am-12 noon</b> Danspirations Tap (P1-P3)	
	<b>6.30-8.30pm</b> Aberdeen Aikido Club (Adults & teens)	<b>5.45-6.30pm</b> Danspirations Modern Jazz (P4-S1)	<b>7-8pm</b> Rhythm Nation Streetdance (Age 8-11)		<b>11.30am-12.30pm</b> Yoga with Manisha	
		<b>6-7pm</b> Jympa Friskis&Svettis	<b>7-8.30pm</b> Kenshinkan Shotokan Karate-do Scotland (Teens & Adults)		<b>12noon-12.45pm</b> Danspirations Modern Jazz (P1-P3)	
		<b>6.30-7.30pm</b> Danspirations Tap (Adults)	<b>8-9pm</b> Rhythm Nation Streetdance (12+)			
		<b>7.30-8.30pm</b> Danspirations Fitsteps (Adults)				

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