

Inchgarth Fitness Classes & Gym Timetable



The Queen's Award
for Voluntary Service

The MBE for volunteer groups

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)	6.30-7.25pm Salsa <i>(Beginners)</i>
6-7pm Jympa Friskis&Svettis	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 <i>(Adults and Age 12+)</i>	10-10.30am Danspirations Tap (preschool)	7.30-8.00pm Salsa <i>(Intermediate)</i>
6.30-7.30pm Inclusive Zumba <i>Create Aberdeen</i>	3.30-4.30pm Kids Zumba	4.15-5pm Danspirations Ballet <i>(P4-S1)</i>	5-6pm Kids Cheerleading & Pompom	6.30-7.35pm Ballroom dancing <i>(Beginners plus)</i>	10.30-11.15am Danspirations Ballet <i>(P1-P3)</i>	
7-8.30pm Kenshinkan Shotokan Karate-do Scotland <i>(Teens & Adults)</i>	6.30-8.30pm Aberdeen Aikido Club <i>(Adults & teens)</i>	5-5.45pm Danspirations Tap <i>(P4-S1)</i>	6-6.45pm Rhythm Nation Streetdance <i>(Age 4-7)</i>	7.25-8.30pm Ballroom dancing <i>(Beginners)</i>	10.30-11.30am Capoeira <i>(Youths & adults)</i>	
	7.10-8.40pm Meditation	5.45-6.30pm Danspirations Modern Jazz <i>(P4-S1)</i>	6.30-7.30pm B-Fit Aberdeen		11.15am-12 noon Danspirations Tap <i>(P1-P3)</i>	
		6-7pm Jympa Friskis&Svettis	7-8pm Rhythm Nation Streetdance <i>(Age 8-11)</i>		11.30am-12.30pm Yoga with Manisha	
		6.30-7.30pm Danspirations Tap <i>(Adults)</i>	7-8.30pm Kenshinkan Shotokan Karate-do Scotland <i>(Teens & Adults)</i>		12noon-12.45pm Danspirations Modern Jazz <i>(P1-P3)</i>	
		7.30-8.30pm Danspirations Fitsteps <i>(Adults)</i>				

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