

# Fitness Class 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>	9-10am Alba Black Belt Academies Ninja (Age 3-6)	4.15-5.15pm Modern Sequence Dancing
1-2pm Ballroom Dancing <i>Beginners</i>	10.45-11.45pm Ballroom & Latin Fitness Class	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>	9.30-10am Danspirations Ballet <i>(preschool)</i>	5.30-6.30pm Sequence Dancing <i>(open session)</i>
4.30-5.30pm Kids Capoeira	2.15-3.00pm Chair Based 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>	10-10.30am Danspirations Tap <i>(preschool)</i>	
6-7pm AKKG Kickboxing <i>(Kids)</i>	3.30-4.30pm Kids Zumba <i>(P1-P5)</i>	5-5.45pm Danspirations Tap <i>(P4-S1)</i>	6.15-6.55pm Rhythm Nation Streetdance <i>(Age 4-7)</i>	7.25-8.30pm Ballroom dancing <i>(Beginners)</i>	10-11am Alba Black Belt Academies <i>Warriors (Age 7-12)</i>	
6-7pm Jympa Friskis&Svettis	4.30-5.30pm Kids Zumba <i>(P3-P7)</i>	5.45-6.30pm Danspirations Modern Jazz <i>(P4-S1)</i>	6.30-7.30pm B-Fit Aberdeen		10-11am Alba Black Belt Academies <i>Adults</i>	
7-8pm AKKG Kickboxing <i>(Adults &amp; teens)</i>	6.30-8.30pm Aberdeen Aikido Club <i>(Adults &amp; teens)</i>	6-7pm Jympa Friskis&Svettis	7-7.55pm Rhythm Nation Streetdance <i>(Age 8-11)</i>		10.30-11.30am Capoeira <i>(Youths &amp; adults)</i>	
7-8pm Inclusive Zumba <i>Create Aberdeen</i>		6-7pm Yoga	7-8.30pm Kenshinkan Shotokan Karate-do Scotland <i>(Teens &amp; Adults)</i>		11.15am-12 noon Danspirations Ballet <i>(P1-P3)</i>	
7-8.30pm Kenshinkan Shotokan Karate-do Scotland <i>(Teens &amp; Adults)</i>		6.30-7.30pm Danspirations Tap <i>(Adults)</i>	8-9pm Rhythm Nation Streetdance <i>(Adults)</i>		11.30am-12.30pm Yoga with Manisha	
8-9pm AKKG Kickboxing <i>(Adults &amp; teens)</i>		7.30-8.30pm Danspirations Fitsteps <i>(Adults)</i>			12noon-12.45pm Danspirations Tap <i>(P1-P3)</i>	
					12.45-1.30pm Danspirations Modern Jazz <i>(P1-P3)</i>	
					1.30-2.15pm Danspirations Ballet <i>(P3-P5)</i>	
					2.15-3pm Danspirations Tap <i>(P3-P5)</i>	

## Key

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