

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>	9-9.40am Ultimate Judo <i>(Age 4-8)</i>	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	3.45-4.25pm Ultimate Judo <i>(Age 4-8)</i>	9.50-10.35am Ultimate Judo <i>(Age 9-11)</i>	5.30-6.30pm Sequence Dancing <i>(open session)</i>
4.00-4.30pm On The Ball Football Coaching <i>(Under 5's)</i>	2.15-3.00pm Chair Based Zumba	4-4.40pm Ultimate Judo <i>(Age 4-8)</i>	5-6pm Kids Cheerleading & Pompom	4.35-5.20pm Ultimate Judo <i>(Age 9-12)</i>	10.45-11.25am Ultimate Judo <i>(Age 12-15)</i>	
4.35-5.05pm On The Ball Football Coaching <i>(Age 6-10)</i>	3.30-4.30pm Kids Zumba	4.50-5.30pm Ultimate Judo <i>(Age 9+)</i>	6.15-6.55pm Rhythm Nation Streetdance <i>(Age 4-7)</i>	5.30-6.15pm Ultimate Judo <i>(Age 12+)</i>	11.30am-12.30pm Yoga with Manisha	
4.30-5.30pm Kids Capoeira	4.30-5.30pm Kids Zumba	5.40-6.20pm Ultimate Judo <i>(Age 4-8)</i>	6.30-7.30pm B-Fit Aberdeen	6.30-8.30pm Aberdeen Aikido Club <i>(Adults and Age 12+)</i>	11.35am-12.15pm Ultimate Judo <i>(Age 4-8)</i>	
6-7pm AKKG Kickboxing <i>(Kids)</i>	6.30-8.30pm Aberdeen Aikido Club <i>(Adults & Age 12+)</i>	6.15-7pm Jympa Friskis&Svettis	7-7.55pm Rhythm Nation Streetdance <i>(Age 8-11)</i>	6.30-7.35pm Ballroom dancing <i>Beginners plus</i>	12.30-13.30pm Ultimate Judo <i>(Seniors)</i>	
6-7pm Jympa Friskis&Svettis	7.05-8.05pm AKKG Kickboxing <i>(Adults & teens)</i>	6-7pm Metafit	8-9pm Rhythm Nation Streetdance <i>(Adults)</i>	7.25-8.30pm Ballroom dancing <i>Beginners</i>		
6-7pm Boxercise with Marnie						
7-8pm AKKG Kickboxing <i>(Adults & teens)</i>						

Key

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