

INCHGARTH MINI PROGRAMME

WWW.INCHGARTH.ORG

Tel:- 01224 325191

MONDAY

ACTIVITY	TIME	HOW TO BOOK
Indoor carpet bowls	9.30AM - 11AM	Call 01224 325191 to book
Laura's Fitness	10AM - 11AM	Call Laura 07739 181345
Laura's Fitness	5.45PM - 6.45PM	
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	3PM - 7PM	Hot drinks, tray bakes, sweets, soft drinks
Nemesis Kick Boxing Ninjas (Age 4 - 7)	4.00PM - 4.30PM	Call Steve 07912 572352
Nemesis Kick Boxing Samurais (Age 7/8 -12)	4.45PM - 5.45PM	
Nemesis Kick Boxing Teens & Adults	7.15PM - 8.45PM	
Kids Capoeira	4.30PM - 5.30PM	Call 07563 002500
Friskis and Svettis	6.15PM - 6.50PM	Info@fsaberdeen.co.uk
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit
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
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Mandy's Art Class	1.45PM - 3.45PM	Call us for more info
Peggy's Cafe	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
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 - 8.45PM	
Illusion Dance School - non competitive beginners (Age 3+)	4.30PM - 5.30PM	Call Claire 07910 649502
Illusion Dance School - competitive (Under 12 years)	5.40PM - 7.10PM	
Illusion Dance School - competitive beginners (Over 12 years)	7.20PM - 8.50PM	
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit

WEDNESDAY

ACTIVITY	TIME	HOW TO BOOK
Indoor carpet bowls	9.30AM - 11AM	Call 01224 325191 to book
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
Pathways employment support		davidcook@pathways-online.org
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Foodbank by Inchgarth & Instant Neighbour	2.30PM - 4PM	Drop in
Mandy's Art Class	1.45PM - 3.45PM	Call us for more info
Peggy's Cafe	3PM - 8PM	Hot drinks, tray bakes, sweets, soft drinks
Children's Drawing class	4PM - 5PM	Call 01224 325191 to book p3-p7 only
Children's Athletics	3.30 - 4.30PM	pathways@aberdeenaac.co.uk
Ultimate Judo	4PM - 4.40PM	Call Gordon 07827 445514
Ultimate Judo	4.50PM - 5.30PM	
Ultimate Judo	5.40PM - 6.20PM	
Laura's Fitness	6PM - 7PM	Call Laura 07739 181345
Silver City ring-craft dog group	8PM - 9PM	
Friskis and Svettis	7PM - 8PM	Info@fsaberdeen.co.uk
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit

THURSDAY

ACTIVITY	TIME	HOW TO BOOK
Create Aberdeen additional support needs social group	10AM-12PM	alex@createaberdeen.org
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
Create Aberdeen additional support needs social group	1PM - 3PM	alex@createaberdeen.org
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
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	
Laura's Fitness	5.30PM - 6.15PM	Call Laura 07739 181345
Laura's Fitness	6.15pm - 7PM	Call Laura 07739 181345
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit

FRIDAY

ACTIVITY	TIME	HOW TO BOOK
Laura's Fitness	10AM - 11AM	Call Laura 07739 181345

Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
Ultimate Judo	3.45PM - 4.25PM	Call Gordon 07827 445514
Ultimate Judo	4.35PM - 5.20PM	
Ultimate Judo	5.30PM - 6.15PM	
Illusion Dance School - competitive (Under 12 years)	6.30PM - 8PM	Call Claire 07910 649502
Illusion Dance School - competitive beginners (Over 12 years)	8.10PM - 9.40PM	
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit
SATURDAY		
ACTIVITY	TIME	HOW TO BOOK
Peggy's Cafe	9AM - 3.30PM	Hot drinks, tray bakes, sweets, soft drinks
Ultimate Judo	9AM - 9.40AM	Call Gordon 07827 445514
Ultimate Judo	9.50AM - 10.35AM	
Ultimate Judo	10.45AM - 11.25AM	
Ultimate Judo	11.35AM - 12.15PM	
Ultimate Judo Seniors	12.30PM - 13.30PM	
Nemesis Kick Boxing Teens & Adults	2PM - 3.30PM	Call Steve 07912 572352
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit
SUNDAY		
ACTIVITY	TIME	HOW TO BOOK
St Devenicks Church	11AM - 12.15PM	robert.heimburger@gmail.com
Peggy's Cafe	11PM - 4PM	Hot drinks, tray bakes, sweets, soft drinks
Baptist Church	2 - 3PM	
Outdoor Play Park	All Day	Drop In
Tennis Courts	All Day	Free to use, bring your own kit