

REGULAR WEEKLY PROGRAMME

Day	Activity		Times		
MON	Baby Sensory	SH	09:30	-	14:15
	Line Dancing	MH	13:30	-	14:30
	KidzAct	SH	16:00	-	18:00
	Highland Dancing	SH	18:00	-	20:00
	Choi Kwang Do	MH	18:00	-	20:00
	Maitland Badminton (private)	SH	20:00	-	21:00
	NNC Netball	MH	20:00	-	22:00
	Innes Badminton (private)	SH	21:00	-	22:00
	Centre Stage	L	19:00	-	21:00
TUE	Tooters	L	10:00	-	11:00
	Portlethen Child Minding Group	SH	09:00	-	11:00
	Let's Move Gentle Keep Fit	SH	14:30	-	15:30
	Russell Badminton (private)	SH	17:30	-	18:30
	Newtonhill Netball Club	MH	18:00	-	21:00
	Beavers and Cubs	L/SH	18:30	-	20:00
	Aberdeen Astronomical Society (Last Tues)	L	19:00	-	21:00
WED	Zumba Gold	SH	11:00	-	12:00
	Evergreen Bowling (re-starting in October)	SH	13:30	-	16:00
	Metafit	SH	18:00	-	19:00
	Yoga	L	18:20	-	19:20
	Yoga	L	19:30	-	20:30
	Lethen Archers	MH	19:30	-	21:30
	Scouts	SH	19:00	-	21:00
	Harding Badminton (private)	SH	21:00	-	22:00
THU	Stay and Play	SH	09:30	-	11:00
	Yoga	L	09:30	-	11:00
	School Netball	MH	17:00	-	19:00
	Circuits with P.A.U.L. Fitness	SH	18:10	-	18:55
	Choi Kwang Do (martial arts)	SH	19:00	-	21:00
	Yoga	L	19:00	-	20:00
	Happy Fit PiYo with Tracy	L	20:00	-	21:00
	Walking Netball Newtonhill	MH	20:00	-	21:00
	Adult Football (private)	MH	21:00	-	22:00
FRI	Babies & Toddlers (incl Bookbugs)	SH	09:30	-	11:30
	Boxercise (starting 27 th Sept)	SH	17:30	-	18:30
	Choi Kwang Do (martial arts)	MH	18:00	-	20:00
SAT	Coastal Play: 31st Aug 14th & 28th Sept, 12th & 26 th Oct	MH	09:45	-	11:00
SUN	GRCC	MH	10:00	-	15:00
	SBT Dog Training	MH	10:00	-	12:00
	Centre Stage	L	15:00	-	17:00