

REGULAR WEEKLY PROGRAMME

Day	Activity		Times		
MON	Baby Sensory	SH	10:30	-	14:00
	Line Dancing	MH	13:30	-	14:30
	KidzAct	SH	16:00	-	18:00
	Gibb Family Badminton (private)	MH	17:00	-	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
	TUE	Tooters	L	10:00	-
Portlethen Child Minding Group		SH	09:00	-	11:00
SM Fitness (pre/post natal fitness)		SH	13:15	-	14:00
Newtonhill Community Club Football 2010		MH	17:00	-	18:00
Russell Badminton (private)		SH	17:30	-	18:30
Newtonhill Netball Club		MH	18:00	-	20:00
Beavers and Cubs		L/SH	18:30	-	20:00
Aberdeen Astronomical Society (LAST TUE)		L	19:00	-	21:00
Newtonhill Community Club Football 2008		MH	20:00	-	21:00
Realistic Pilates		SH	20:00	-	21:15
WED	Tiny Talk - baby sign language	SH	09:45	-	10:45
	Zumba Gold (starting 17th April)	SH	11:00	-	12:00
	Evergreen Bowling	SH	13:30	-	16:00
	Newtonhill Community Club Football 2013	MH	17:00	-	18:00
	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
	Ultimate Judo	SH	15:15	-	17:30
	School Netball	MH	17:00	-	19:00
	SM Fitness (pre/post natal fitness)	SH	18:15	-	19:00
	Choi Kwang Do (martial arts)	SH	19:00	-	21:00
	Clubercise with Jessica	MH	19:00	-	20:00
	Yoga	L	19:30	-	20:30
	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	SH	17:30	-	18:30
	Choi Kwang Do (martial arts)	MH	18:00	-	20:00
SAT	Coastal Play: 16th Feb, 2nd, 16th & 30th March	MH	09:45	-	11:00
	SM Fitness (pre/post natal fitness)	SH	10:15	-	11:00