

REGULAR WEEKLY PROGRAMME - SUMMER

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
	TUE	Tooters	L	10:00	-
Portlethen Child Minding Group		SH	09:00	-	11:00
SM Fitness (pre/post natal fitness)		SH	13:00	-	14:00
Russell Badminton (private)		SH	17:30	-	18:30
Newtonhill Netball Club		MH	18:00	-	21:00
Beavers and Cubs		SH/L	18:30	-	20:00
Aberdeen Astronomical Society (LAST TUE)		L	19:00	-	21:00
Realistic Pilates		SH	20:00	-	21:15
WED		Tiny Talk - baby sign language	SH	09:45	-
	Zumba Gold	SH	11:00	-	12:00
	Evergreen Bowling	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
	Ultimate Judo	SH	15:15	-	16:30
	School Netball	MH	17:00	-	19:00
	Choi Kwang Do (martial arts)	SH	19:00	-	21:00
	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	-
Boxercise		SH	17:30	-	18:30
Choi Kwang Do (martial arts)		MH	18:00	-	20:00
SAT	Coastal Play: 27 th April/11 th & 25 th May/8 th & 22 nd June/ 6 th & 20 th July/3 rd , 17 th & 30 th Aug	MH	09:45	-	11:00
	SM Fitness (pre/post natal fitness)	SH	10:15	-	11:00