



Friskis Aberdeen

Summer 2024

Day	Time	Class	Location	Ends	Starts
Mon	9.45am	Soft Special	Cairncry Community Centre	Centre closed 8 July	
	11.00am	Soft Special	Cairncry Community Centre	Centre closed 8 July	
	6.45pm	Coreflex	The Axis Centre, Newmachar *	Continues	
	6.00pm	Jympa	Inchgarth Community Centre	FREE in JULY	
Tue	10.00am	Soft Special	Ruthrieston Community Centre**	Continues	
	10:00am	Soft Jympa	Fochabers Institute	Continues	
	1.45pm	Dans	The Axis Centre, Newmachar *	Continues	
	6.00pm	Jympa	Cults Sports Centre	25 June	6 Aug
	6.15pm	Jympa	Cairncry Community Centre	Continues	
Wed	9.30am	Soft Jympa	Longmore Hall Keith	Continues	
	6.00pm	Jympa	Inchgarth Community Centre	FREE in July	
	7.00pm	Multi-Training Circuits	Aberdeen Squash & Racketball Club	Continues	
Thur	6.00pm	Jympa	Cults Sports Complex	27 June	1 Aug
	10.00am	Soft Jympa	Longmore Hall Keith	Continues	
Fri	9.45am	Soft Special	Cairncry Community Centre	Continues	
	11.00am	Soft Special	Cairncry Community Centre	Continues	
Sat	10.00am	Jympa	Cults Sports Complex	6 July	27 July

Classes are Drop in & Pay as you Go

(Except those marked *and **)

*Booking via Gymcatch or via The Axis Centre, Tel 01651 869398

** Contact Ruthrieston Community Centre, Tel 01224 572211

Keep In Touch



www.friskissvettis.co.uk/Aberdeen



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Friskis & Svettis