



Altens Community Centre - Weekly Schedule					
MONDAY		TUESDAY		WEDNESDAY	
TIME	CLASS/EVENT	TIME	CLASS/EVENT	TIME	CLASS/EVENT
0900-1200	Footstars - Kids' Football (ages 2-5 yrs)	0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)
0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)
0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	1000-1200	Badminton	1300-1445	Parent and Baby/Toddler Group
1300-1600	Indoor Bowling	1800-2100	Tanya Maitland School of Dance	1300-1500	Craft Group
1600-1745	Footstars - After school football (ages 5-7 yrs)	1830-2000	Wing Tsjun Martial Arts	1600-1700	Indoor Basketball (ages 8-12)
1800-1830	Metafit Fitness Class	2000-2100	Adriana Uribe Yoga Class	1730-1930	Love Citadel
1800-1900	Lego Club (ages 6-16)			1800-1900	Blue Dynamite Cheerleaders
1830-2000	Wing Tsjun Martial Arts			1800-2000	Awesome Paws
2000-2100	Clubbercise Fitness Class			1915-2015	Powerhoop Boxing Fitness Class
				2015-2115	Table Tennis - (beginning Sept) must be booked in advance, email Centre for details.
THURSDAY		FRIDAY		SUNDAY	
TIME	CLASS/EVENT	TIME	CLASS/EVENT	TIME	CLASS/EVENT
0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	1000-1300	Love Citadel
0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	1030-1330	Tai Chi Academy
1030-1130	Altens Health Walk	0930-1030	Zumba Fitness Class	1330-1730	Blue Dynamite Cheerleaders
1400-1600	50+ Bingo	1530-2030	Miss Forrest School of Dance	1400-2000	Smaller rooms available for private parties and community events - subject to availability of out of hours volunteers
1730-2100	Tanya Maitland School of Dance	2000-2200	Altens Youth Club (For P7 and above - subject to availability of volunteers)	1800-1900	Guitar Lessons
1830-2000	Wing Tsjun Martial Arts	SATURDAY		1900-2000	Circuit Class (private group)
1930-2130	Evening Bingo	TIME	CLASS/EVENT	Contact us: Facebook @altencc www.facebook.com/altencc/ Email altenscc@gmail.com Phone 01224 896798	
2000-2100	Adriana Uribe Yoga Class	0930-1415	Tanya Maitland School of Dance		
		1430-2100	community events and private parties - subject to availability of out of hours volunteers.		

Contacts for Classes - operated by external organisers			
Awesome Paws	Denise 07860 858 262 www.facebook.com/awesomepawsuk	Miss Forrest School of Dance	Joyce Forrest 01224 745202 missforrest@btinternet.com
Cheerleaders	Fiona Leitch www.facebook.com/Blue-Dynamite-Cheerleaders-636683693024246	Powerhoop Boxing Fitness	Greg Fraser Book online at www.mgstudio.co.uk
Clubbercise	Emma 07737 152 022 www.facebook.com/clubberciseemmaaberdeen	Table Tennis	Email Centre for details - beginning September
Footstars	Murray on 01224 932 254 www.footstars.co.uk	Tai Chi Academy	Adrian 07715 435 379
Guitar Lessons	Keith Mitchell keithmitchellguitar@hotmail.co.uk	Tanya Maitland School of Dance	Tanya 01224 877 805 www.facebook.com/MaitlandSeiwrightDancers
Health Walk	Brian Harrison 07719 501361 www.pathsforall.org.uk	Wing Tsjun Martial Arts	Sanday Rowan www.wingtsjunscotland.co.uk
Indoor Basketball	Contact Centre for details - satellite group for www.facebook.com/PanthersBasketballClub1/	Yoga	Adriana Uribe on 07799 845 716
Love Citadel	Hope Okhuoya 07825 547 288 lovecitadeluk@gmail.com www.facebook.com/lovecitadeluk	Youth Group	Requires adults with PVG certification to run - email Centre to arrange a free PVG for volunteering
Metafit Fitness	Paul on 07825 006 426 www.facebook.com/underthebodhitree	Zumba	Siobhan at sab86@live.co.uk www.facebook.com/SiobhanBoynezumba