



MACCABI TIMETABLE- March 2010

Call Sue on 638 6177 for more information

SUNDAY

SCHOOL OF ROCK: (BOOKING ESSENTIAL)	AGE 13 +	12.00 - 13.00	FUNCTION SUITE (NOT EVERY WEEK)
TABLE TENNIS	AGE 9+	13.00 - 14.00	FUNCTION SUITE (NOT EVERY WEEK)
FOOTBALL:	AGE 8 - 18	12.30-13.45	STUDIO
	AGE 5-8	15.30 - 16.30	MAIN GYM
	AGE 9-12	16.30 - 18.00	MAIN GYM
CHILDREN'S STREETDANCE	BEGINNERS	14.00 - 15.00	STUDIO
	ADVANCED	15.00 - 16.00	STUDIO
ABI'S POTTERY CLASS	AGE 5+ AND 8+	14.00 - 15.00	YOUTH ROOM
ARTS AND CRAFTS:	AGE P1- P7	15.00 - 17.00	YOUTH ROOM - DROP IN ANY TIME AND BE CREATIVE!

MONDAY

MOE'S FITNESS CLASS	BODY SCULPT	9.30-10.30	STUDIO
	AEROBLAST	10.45-11.45	STUDIO
ABI'S ART ACADEMY			
LITTLE CREATORS	AGE 3-5	14.00 - 14.45	YOUTH ROOM
LADIES KEEP FIT-	All levels:	19.00 - 20.00	STUDIO
ADULT BADMINTON	All Levels	19.30 - 10.00	MAIN GYM
KRAV MAGA	18+	20.15 - 22.15	STUDIO

TUESDAY

MOE'S FITNESS CLASS	Over 50s	09.30 - 10.30	STUDIO STARTS THIS WEEK
PILATES	All Levels	10.45-11.45	STUDIO STARTS 16 TH MARCH
BADMINTON:	Under 12's	17.00 - 18.00	MAIN GYM
	Over 12's	18.00 - 19.00	MAIN GYM
	Team Coaching	19.00 - 20.00	MAIN GYM
ROLLERBLADING	Adult Club	20.15- 21.45	MAIN GYM STARTS 9 TH MARCH
SENIOR TABLE TENNIS:	Practice Session	13.00 - 15.00	STUDIO
	Match Night	19.00 - 22.00	STUDIO
BRIDGE:		19.30 - 22.30	FUNCTION SUITE
U16'S FOOTBALL	AGES 13-15	20.00 - 22.00	MEARNS CASTLE

WEDNESDAY

MOE'S FITNESS CLASS	ABS AND STRETCH	09.30 - 10.30	STUDIO
CATERPILLAR MUSIC	AGE 2 - 5	11.00 - 11.40	STUDIO
BRIDGE:		12.00 - 15.30	FUNCTION SUITE
ZUMBA	ALL LEVELS	18.15-19.15	STUDIO STARTS 17 TH MARCH
TAI CHI:	ALL LEVELS	19.30-20.30	GYM
YOGA:	ALL LEVELS	20.00-21.15	STUDIO
CHESS:	ALL AGES AND LEVELS	19.00 - 20.30	YOUTH ROOM
BRIDGE LESSONS	BEGINNERS	19.30 - 22.00	FUNCTION SUITE

THURSDAY

PILATES	ALL LEVELS	09.30-10.30	STUDIO STARTS 18 TH MARCH
ZUMBA	ALL LEVELS	10.45-11.45	MAIN GYM STARTS 18 TH MARCH
ABI'S ART ACADEMY			
MOTHER/TODDLER GROUPS	AGE 1+	09.30 - 10.15	YOUTH ROOM
LITTLE CREATORS	AGE 3-5	14.00 - 14.45	YOUTH ROOM
BOOGIE TOTS	AGE 3-5	13.15-14.00	STUDIO
MOE'S FITNESS CLASS	AEROTONE	18.00-19.00	STUDIO
LADIES KEEP FIT:	ALL LEVELS	19.15 - 20.15	STUDIO
SENIOR TABLE TENNIS	ALL LEVELS	20.30 - 22.00	STUDIO
BADMINTON:	Under 12's	17.00 - 18.00	MAIN GYM
	Over 12's	18.00 - 19.30	MAIN GYM
BRIDGE:		19.30 - 22.30	FUNCTION SUITE
YOUTH CLUB	(S3 -S6)	20.00 - 22.00	YOUTH ROOM

FRIDAY

MOE'S FITNESS CLASS	AEROBLAST	9.30-10.30	STUDIO
	BODY SCULPT	10.45-11.45	STUDIO
ZUMBA	ALL LEVELS	12.00-13.00	MAIN GYM STARTS 19 TH MARCH

BADMINTON COURTS AND FUNCTION SUITE

AVAILABLE FOR PRIVATE HIRE

CALL 638 6177 OR EMAIL info@maccabigbscotland.org