

THE AXIS CENTRE TIMETABLE 10/01/22-03/04/22



MONDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0630-0715 (option to leave at 0700)	FATBURN	BRYAN	HALL
0900-1200	SOFT PLAY WITH BOUNCY CASTLE	PARENTAL SUPERVISION	HALL
0905-0935	HIIT MASHUP	LEANNE	STUDIO
0945-1015	POSTURE & CONDITIONING	LEANNE	STUDIO
1530-1700	ARTS AND CRAFTS CLUB	LUCAS	STUDIO (provisional start date 31/01/22)
1615-1745	NICO'S WRESTLING KINGDOM	NICO	HALL (BACK)
1800-1840	ALL OVER BODY CIRCUITS	NICOLA	STUDIO
1830-1930	NETBALL	WENDY	HALL (provisional start date 07/02/22)
1845-1925	FLEX (FRISKIS&SVETTIS)	JACKIE	STUDIO
1930-2030	NUFC	VARIOUS	HALL
1930-2030	MIXED ABILITY PILATES	DENISE	STUDIO
TUESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0905-0935	METAFIT	LYNNE	STUDIO
0915-1015	OVER 60'S PILATES	DENISE	HALL(FRONT)
0935-1005	CORE CREATIONS	LYNNE	STUDIO
1030-1300	ART CLASS	DANNY	STUDIO
1035-1135	BARRECONCEPT	DENISE	HALL(FRONT)
1345-1430	DANS (FRISKIS&SVETTIS)	JACKIE	HALL
1600-1800	ALBA BLACKBELT ACADEMIES	SARAH	HALL
1755-1825	COMBAT HIIT	ISLA	STUDIO
1830-1930	NUFC	VARIOUS	HALL
1830-1900	HIITstep	ISLA	STUDIO
1905-1950	STRENGTH&CORE	ISLA	STUDIO
1930-2030	5 a side (private booking)	N/A	HALL (provisional start date 18/01/21)
2030-2130	NUFC	N/A	HALL (provisional start date 18/01/21)
WEDNESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0630-0700	HIIT OF THE DAY	GEMMA	HALL
0905-1000	STRENGTH	NICOLA	STUDIO
0930-1030	MIXED ABILITIES PILATES	DENISE	HALL(FRONT)
1030-1300	ART CLASS	DANNY	STUDIO
1430-1900	L'AMOUR DANCE	LYNN	STUDIO/HALL
1810-1855	ZUMBA	JEANANNE/SUE	HALL
1830-1915	OUTDOOR BOOTCAMP	LEANNE	SUMMERHILL PARK
1930-2015	RIG CIRCUITS	GEMMA	RIG AREA (starts 02/02/22)
1930-2030	YOGA	LISA	STUDIO
1930-2100	YOUTH DROP IN	SARAH	HALL
THURSDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0915-0955	TOTALLY SHREDDED/POWER STEP&CORE(alt. weeks)	LEANNE	HALL
1000-1200	YARN 'N YAP	N/A	CAFE

THURSDAY (CONT.)			
1000-1100	YOGA	LISA	STUDIO
1010-1050	JYMPA/DANCE AEROBICS (LOW IMPACT)	JACKIE/LEANNE	HALL
1115-1215	OVER 60S PILATES	DENISE	HALL
1400-1500	ABRICABEATS	ANGELA	HALL
1530-1700	KIDS FUN CLUB	VARIOUS	HALL (provisional start date 03/02/22)
1730-2030	NUFC	VARIOUS	HALL
1800-1830	HIITcardio	ISLA	STUDIO
1840-1930	STRENGTH	ISLA	STUDIO
FRIDAY			
0630-0700	METAFIT	GEMMA	HALL
0905-0945	LEGS, BUMS AND TUMS	LYNNE	STUDIO
0930-1030	MIXED ABILITY PILATES	DENISE	HALL(FRONT)
0945-1015	YOGA	LYNNE	STUDIO
1100-1200	GCRA+	PETE	HALL
1345-1430	ZUMBA GOLD	JACKIE	HALL
1430-1930	L'AMOUR DANCE	LYNN	STUDIO
1700-1800	NUFC	VARIOUS	HALL
1835-1915	TOTALLY SHREDDED	LEANNE	HALL
SATURDAY			
0930-1130	PETMIND	LAURA	STUDIO
1000-1200	GARIOCH JUDO	STUART	HALL
1015-1100	RIG AND FUNCTIONAL SKILLS (last Saturday each month)	KYM	RIG AREA
SUNDAY			
1015-1100	RIG AND FUNCTIONAL SKILLS (2 nd Sunday each month)	LEANNE	RIG AREA

ROWS HIGHLIGHTED **BLUE** ARE CLASSES RUN BY AXIS(NOT EXTERNALLY)AND ARE AVAILABLE TO BOTH MEMEBERS AND PAY AS YOU GO

ROWS HIGHLIGHTED **YELLOW** ARE SUITABLE FOR CHILDREN/YOUTHS (SOME OF THESE GROUPS ALSO HAVE ADULT AVAILABILITY)
UNHIGHLIGHTED ROWS ARE RUN BY EXTERNAL USER GROUPS, FOR ADULTS (CONTACT DETAILS BELOW)

NICO'S WRESTLING KINGDOM – NICO 07527780014

BODY GRACE PILATES/BARRE CONCEPT – DENISE 07977 218297

GARIOCH JUDO – STUART 07850 400346

LAMOUR DANCE – LYNN 07912 872854

ALBA BLACKBELT ACADEMIES –SARAH 07818200371

ABRICABEATS – ANGELA angelapeden@musician.org

NETBALL – WENDY wendykelman@btinternet.com

GCRA+ suzanne.murdoch@gcra.org.uk

PETMIND – LAURA info@petmind.co.uk

NUFC - newmacharutdfc@gmail.com

ART CLASSES (TOLQUHON GALLERY)– DANNY 01651 842343

LISA FAIRLEY - hello@wisdomwarrioryoga.com