

# Evergreen Group Exercise Timetable

**September 2020**

[aberdeensportsvillage.com/fitness/exercise-classes](https://aberdeensportsvillage.com/fitness/exercise-classes)

DAY	SESSION	TIME	AREA
MONDAY	Evergreens Exercise	09:00 - 09:30	Indoor Track
MONDAY	Evergreens Exercise	09:45 - 10:15	Indoor Track
MONDAY	Evergreens Energise	10:15 - 10:45	Sports Hall
MONDAY	Evergreens Energise	11:00 - 11:30	Sports Hall
MONDAY	Evergreens Badminton	12:00 - 13:00	Sports Hall 2 & 3
MONDAY	Evergreens Badminton	13:00 - 14:00	Sports Hall 2 & 3
MONDAY	Evergreens Table Tennis	14:00 - 15:00	Sports Hall 2
MONDAY	Evergreens Table Tennis	15:00 - 16:00	Sports Hall 3
TUESDAY	Evergreens Studio Cycling	10:00 - 10:45	Sports Studio
TUESDAY	Evergreens Circuits	11:00 - 11:45	Sports Hall
TUESDAY	Evergreens Circuits	12:00 - 12:45	Sports Hall
TUESDAY	Evergreen's Table Tennis	14:00 - 15:00	Sports Hall 2
TUESDAY	Evergreen's Table Tennis	15:00 - 16:00	Sports Hall 3
WEDNESDAY	Evergreens Yoga	10:45 - 11:15	Sky Studio
WEDNESDAY	Evergreens Yoga	11:00 - 11:45	Sky Studio
THURSDAY	Evergreens Fitness Pilates	09:00 - 09:45	Sky Studio
THURSDAY	Evergreens Fitness Pilates	10:00 - 10:45	Sky Studio
THURSDAY	Walking Group	11:00 - 12:00	Outdoors
THURSDAY	Evergreen Aqua	12:00 - 12:45	Pool (25m)
FRIDAY	Evergreens Exercise	10:00 - 10:30	Sports Hall
FRIDAY	Evergreens Exercise	10:45 - 11:15	Sports Hall
FRIDAY	Evergreens Pickleball	12:00 - 13:00	Sports Hall
FRIDAY	Evergreens Pickleball	13:00 - 14:00	Sports Hall
FRIDAY	Evergreen's Table Tennis	14:00 - 15:00	Sports Hall
FRIDAY	Evergreen's Table Tennis	15:00 - 16:00	Sports Hall