

Deveron Sports Centre

Monday 6th January to Sunday 16th February 2020

Day	Start	End	Activity
Monday	07:00	08:00	Public Use - 2 Courts
	07:00	07:45	Upper Body Blitz - 2 Courts
	08:00	09:00	Public Use - 4 Courts
	09:00	10:00	Banff Academy - 2 Courts
	09:15	09:45	Dancercise - 2 Courts
	10:00	11:00	Public Use - 2 Courts
	10:00	10:45	50:10 - 2 Courts
	10:00	10:45	Pilates - Dance Studio
	11:00	12:30	Banff Academy - 2 Courts
	11:00	11:30	Agility - 2 Courts
	11:00	11:30	Stretch & Roll - Dance Studio
	11:30	14:00	Public Use - 2 Courts
	12:00	12:45	Post/Pre Natal - Dance Studio
	12:30	16:00	Public Use - 1 Court
	12:30	15:30	Banff Playgroup & Toddlers - 1 Court
	14:00	15:00	Banff Academy - 2 Courts
	15:15	16:00	Junior Fitness - 2 Courts
	16:00	19:00	Public Use - 2 Courts
	16:15	17:15	Teen Circuits - 2 Courts
	17:00	17:45	Fitness Programme
	17:30	18:00	FBX - 2 Courts
	17:45	18:30	Fitness Programme
	18:15	19:00	BLT - 2 Courts
	18:30	19:15	Fitness Programme
	19:00	22:00	Public Use - 4 Courts
	19:00	19:30	Climbing Wall (Adults Only)
	19:15	20:00	Fitness Programme
	19:15	19:45	Spin Blast - Dance Studio
	19:30	20:00	Climbing Wall (Adults Only)

Timetable Information

All details are correct at time of publication but for up to date information please check the website.

* Private hire available

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Tuesday	07:00	08:00	Public Use - 2 Courts
	07:00	07:45	Lower Body Blitz - 2 Courts
	08:00	10:00	Public Use - 4 Courts
	09:00	10:00	Gym Induction
	09:15	10:00	Spin/Abs - Dance Studio
	10:00	11:45	Public Use - 2 Courts
	10:15	11:00	Pyramids - 2 Courts
	11:15	11:45	FBX - 2 Courts
	11:45	12:45	Banff Academy - 2 Courts
	12:00	12:45	Kettlebells - 2 Courts
	13:00	14:00	Public Use - 4 Courts
	13:00	13:45	Gym Class - Gym
	14:00	15:00	Banff Academy - 2 Courts
	14:00	15:00	Public Use - 2 Courts
	15:00	18:00	Public Use - 4 Courts
	17:00	17:45	Fitness or Nutrition Programme
	17:45	18:30	Fitness or Nutrition Programme
	18:00	20:00	Public Use - 2 Courts
	18:00	18:45	Step Aerobics
	18:00	18:30	Accumulator - Dance Studio
	18:30	19:15	Fitness or Nutrition Programme
	18:30	19:00	Abs - Dance Studio
	19:00	19:45	Male Class - 2 Courts
	19:15	20:00	Fitness or Nutrition Programme
	20:00	22:00	Public Use - 4 Courts

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Wednesday	07:00	07:45	Spin Blast - Dance Studio
	07:00	09:00	Public Use - 4 Courts
	09:00	11:00	Public Use - 1 Court
	09:30	11:00	3 2 1 - 2 Courts
	09:30	11:00	Junior Gym - 1 Court
	10:15	11:00	Aerobics - 2 Courts
	11:00	11:45	Pilates - Dance Studio
	11:45	12:45	Banff Academy - 2 Courts
	11:00	15:00	Public Use - 2 Courts
	13:30	15:00	Banff Academy - 2 Courts
	15:00	18:00	Public Use - 4 Courts
	18:00	19:00	Public Use - 2 Courts
	18:15	19:00	Strong by Zumba - 2 Courts
	18:00	19:30	Gym Induction
	19:00	19:30	Climbing Wall (Adults Only)
	19:30	20:00	Climbing Wall (Adults Only)
	19:00	22:00	Deveron Table Tennis
	19:00	22:00	Public Use - 3 Courts

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Thursday	07:00	08:00	Public Use - 2 Courts
	07:00	07:45	Body HIIT - 2 Courts
	08:00	09:00	Public Use - 4 Courts
	09:00	10:00	Over 50s Circuits - 4 Courts
	09:15	10:00	Strong by Zumba - Dance Studio
	10:00	11:00	Gym Induction
	10:00	11:00	Public Use - 2 Courts
	10:15	10:45	ABS - 2 Courts
	11:00	12:00	Banff Academy - 2 Courts
	11:00	12:00	Public Use - 1 Court
	11:00	11:45	TRX - 1 Court
	12:00	15:00	Public Use - 1 Court
	12:00	12:45	Beginners Trifit - 2 Courts
	12:30	15:30	Banff Playgroup & Toddlers - 1 Court
	13:00	13:45	Lunchtime Circuits - 2 Courts
	14:00	14:45	TRX vs Kettlebells - 2 Courts
	15:00	16:00	Public Use - 3 Courts
	16:00	17:00	Public Use - 4 Courts
	17:00	20:00	Public Use - 2 Courts
	17:30	18:15	Teen Boxercise - 2 Courts
	18:15	18:45	Kettlebells - 2 Courts
	18:45	19:15	Tabata - 2 Courts
	20:00	22:00	Public Use - 4 Courts

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Friday	07:00	08:00	Public Use - 2 Courts
	07:00	07:45	Strong By Zumba - 2 Courts
	08:00	09:00	Public Use - 4 Courts
	09:00	12:00	Public Use - 1 Court
	09:15	10:00	Box H.I.I.T - 2 Courts
	09:30	11:00	Junior Gym - 1 Court
	10:15	10:45	Bands - 2 Courts
	11:00	11:45	Beginners Fitness - 2 Courts
	12:00	13:30	Public Use - 4 Courts
	12:30	13:15	Fitness or Nutrition Programme
	13:15	14:00	Fitness or Nutrition Programme
	13:15	13:45	Gentle Spin - Dance Studio
	13:30	15:00	Banff Academy - 2 Courts
	15:00	16:00	Public Use - 4 Courts
	16:00	19:00	Public Use - 2 Courts
	16:30	17:30	Deveronvale Community FC - 2 Courts
	17:45	18:30	Circuits - 2 Courts
	18:45	19:30	Spin Fit - Dance Studio
	19:00	21:00	Deveron Archers - 4 Courts
	21:00	22:00	Public Use - 4 Courts

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Saturday	09:00	11:00	Public Use - 2 Courts	
	09:00	09:30	FBX / H.I.I.T - 2 Courts	
	09:45	10:30	Cardio Conditioning - 2 Courts	
	10:45	11:30	Fitness or Nutrition Programme	
	10:45	11:30	Fitness Programmes - Gym	
	11:00	16:00	Public Use - 4 Courts	
	11:30	12:15	Fitness or Nutrition Programme	
	11:30	12:15	Fitness Programmes - Gym	
	12:30	13:00	Climbing Wall	
	13:00	13:30	Climbing Wall	
	13:30	14:00	Climbing Wall	
	14:00	14:30	Climbing Wall	
	Sunday	09:00	12:00	Public Use - 2 Courts
		09:30	10:30	Sunday Surprise - 2 Courts
10:00		10:30	Climbing Wall	
10:30		11:00	Climbing Wall	
10:45		11:15	Stretch & Roll - 2 Courts	
11:00		11:30	Climbing Wall	
11:30		12:00	Climbing Wall	
12:00		16:00	Public Use - 4 Courts	
12:00		12:45	Fitness or Nutrition Programme	
12:45		13:30	Fitness or Nutrition Programme	
13:30		14:15	Fitness or Nutrition Programme	

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