



Friskis Aberdeen Summer 2026

Feel-good workout to great music

Day	Time	Class	Location	Ends	Starts
Mon	9.45am	Soft Jympa + bands	Cairncry Community Centre	No classes on 13 July, 27 July	
	11.00am	Soft Jympa + bands	Cairncry Community Centre		
	6.45pm	Coreflex	The Axis Centre, Newmachar *	Continues	
	6.00pm	Jympa	Inchgarth Community Centre	No classes on 6 July, 27 July	
Tue	10.00am	Soft Jympa + bands	Ruthrieston Community Centre**	30 June	18 Aug
	10:00am	Soft Jympa	Fochabers Institute	Continues	
	1.45pm	Dans	The Axis Centre, Newmachar *	Continues	
	6.15pm	Jympa	Cairncry Community Centre	7 July	28 July
Wed	9.30am	Soft Jympa	Longmore Hall Keith	Continues	
	5.30pm	Jympa	Suttie Centre ***	5 Aug	19 Aug
	6.00pm	Jympa	Inchgarth Community Centre	24 June	5 Aug
	6.15pm	Jympa - OUTDOOR	Hazlehead Park (Gruffalo) runs from 1 July to 29 July		
	7.00pm	Multi-Training	Aberdeen Squash & Racketball Club	15 July	5 Aug
Thur	6.00pm	Jympa	Cults Sports Complex	23 July	13 Aug
	10.00am	Soft Jympa	Longmore Hall Keith	Continues	
Fri	9.45am	Soft Jympa + bands	Cairncry Community Centre	No classes on 31 July, 14 Aug	
	11.00am	Soft Jympa + bands	Cairncry Community Centre		
Sat	10.00am	Jympa	Cults Sports Complex	18 July	8 Aug

Classes are Drop in & Pay as you Go (Except those marked with an asterisk)

* Booking via Gymcatch or via The Axis Centre, Tel 01651 869398
 ** Contact Ruthrieston Community Centre, Tel 01224 572211
 *** NHS & Aberdeen Univ staff only via "Book now" on Facebook page or
<https://friskisaberdeen.setmore.com/bookclass>

Keep In Touch



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Friskis & Svettis