



Clare McGowan
FITNESS

Class timetable

PiYo Live
Classes £5



Monday - 9.30am Stonehaven
Community Centre

Tuesday - 6.30pm Girls
Gym Mackie Academy

Friday - 10am Scout Hut -
Laurencekirk

Monday -

Pilates £5

12.30pm Mums Pilates (kids
welcome) Red Room -
Community Centre Stonehaven

Metafit £3

Abs £3
or both for
£5.

Wednesday - 12.45pm Scout
Hut Laurencekirk
1.15pm Scout Hut Laurencekirk