



**If you would like to join the programme, or would like more
Information, contact:**

Move More Development Officer

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For more information check out our web page:

www.leisureandculturaldundee.com/movemoredundee

Twitter -@MoveMoreDundee

Instagram -Move More Dundee



Move More Dundee Programme Timetable

Monday

11:30am - Health Walk @ Roseangle Kitchen Café

12:00pm—Health Walk @101 Whitfield Drive

12:00pm - Gentle Movement @The Maggie's Centre

1:00pm - Health Walk @ The Ardler Macmillan Café

Tuesday

9 till 12pm - Garden class* @ Duntrune Demonstration Garden, Dawson Park.

10:00am - Health Walk @Lochee Library

1:00pm - Exercise class @ Olympia Leisure Centre

Wednesday

9:45am - Health Walk @ Olympia Leisure Centre

1:00pm - Health Walk @ The Maggie's Centre

1:15pm - Health Walk @ Douglas Sports Centre

1:30pm - Gentle Movement Class @ Roxeburghe House**

Thursday

10:00am - Health Walk @Dawson Park conservatory

11:00am - Exercise Class @Douglas Sports Centre

Friday

TBC - Exercise Class @ Lochee Sports Centre

***class runs from March till October**

****only open to Roxeburghe House patients**