



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

Move More Development Officer

01382 432407

movemore@dundeecity.gov.uk

For more information check out our web page:

www.leisureandculturaldundee.com/movemoredundee

Twitter -@MoveMoreDundee

Instagram -Move More Dundee



Move More Dundee Programme Timetable

Monday

11:15am - Gentle Movement @The Maggie's Centre

11:30am - Health Walk @ Roseangle Kitchen Café

12:00pm—Health Walk @101 Whitfield Drive

1:00pm - Health Walk @ Café Ardler

1:30pm—Gentle Movement @Ninewells Ward 6 (in-patient class)

Tuesday

10:00am - Health Walk @Lochee Library

1:00pm - Exercise class @ Olympia Leisure Centre

1:30pm Gentle Movement @ (Small Hall) Ardler Complex

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 @ 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**