

SRT ONLINE WORKOUTS

W/C 14.12.20

£12 WEEKLY PASS

MONDAY



POP Pilates
ShredBata

9.15 am

1.10pm

TUESDAY



HIITBLAST
Intense Focus

9.15 am

1.10pm

WEDNESDAY

ShredMax

7.30am



Fit Troop

9.15 am

THURSDAY

Intense Focus (Upper)

8am



Glorious Glutes

1.10pm

FRIDAY

Hardcore

9.15 am



FatBurn Extreme

1.10pm

MONDAY



Legs Legs Legs Eleven

1.10pm

TUESDAY



THE FINAL FLING!!!



1.10pm



shetland recreational trust
Scottish Charity SC002179

Bookings must be made online using your personal login details at www.srt.org.uk.

Book into 'SRT Online Workouts' now included in our Gold Subscriptions

If you don't have any equipment you can improvise at home, for example you can use water bottles as weights.