

GROUP FITNESS TIMETABLE

Effective from 15th April - 30th June 2024

This timetable may be subject to change from time-to-time due to staff holidays or unforeseen circumstances. Amendments will be displayed on our website at: www.srt.org.uk/centres/clickimin/activities/group-fitness-classes

Funded by
 Shetland Charitable Trust

Monday			
0700-0745	FuncFit Circuits	Aspire	£6.55
1000-1100	Senior Strength	Aspire	£3.30
1300-1400	Senior Strength & Balance	Multi Use	£3.30
1310-1350	ICG Classic Ride	Apex	£5.00
1305-1355	Yin Yoga	Waterside Suite	£5.00
1730-1815	HIITSTEP (starting 15/04 and will be on every second week)	Multi Use	£6.55
1830-1915	FBX (starting 15/04 and will be on every second week)	Multi Use	£6.55
1830-2000	Barbarian Forge	Aspire	£9.85

Tuesday			
0700-0745	ICG Classic Ride	Apex	£6.55
0700-0745	HIIT Circuit (starting 23/04 and will be on every second week)	Multi Use	£6.55
1000-1200	Social Table Tennis	Multi Use	£3.30
1310-1350	Lunchtime FuncFit	Aspire	£5.00
1715-1800	ICG Coach by Colour	Apex	£6.55
1730-1815	POUND	Multi Use	£6.55
1800-1900	Free Flow Yoga	Bowls Hall	£6.55
1830-2000	Power Forge	Aspire	£9.85

Wednesday			
0700-0745	Flow Yoga	Multi Use	£6.55
0700-0745	FuncFit Circuits	Aspire	£6.55
1310-1350	ICG Virtual	Apex	£5.00
1000-1100	Senior Strength	Aspire	£3.30
1715-1800	Move It or Lose It	Waterside Suite	£3.30
1730-1815	HIITCARDIO	Multi Use	£6.55
1830-1915	HIITCIRCUIT	Multi Use	£6.55
1800-1900	Yin Yoga	Bowls Hall	£6.55

Thursday			
0700-0745	ICG Coach By Colour	Apex	£6.55
1000-1100	Senior Circuits	Multi Use	£3.30
1200-1300	OTAGO* (requires self-referral)	Multi Use	£3.30
1305-1355	Yin Yoga	Waterside Suite	£5.00
1310-1350	FuncFit Circuits	Aspire	£5.00
1330-1430	OTAGO* (requires self-referral)	Multi Use	£3.30
1730-1815	BROADWAY BOOGIE	Multi Use	£6.55
1830-1930	Restore Yoga	Bowls Hall	£6.55
1830-2000	Power Forge	Aspire	£9.85

Friday			
0700-0745	FuncFit Circuits	Aspire	£6.55
0915-1015	Yang Yin Yoga	Multi Use	£6.55
1000-1045	Senior ICG - Virtual	Apex	£3.30
1310-1350	ICG Classic Ride	Apex	£5.00
1715-1800	ICG Coach By Colour	Apex	£6.55
1730-1815	HIITCARDIO (starting 19/04 and will be on every second week)	Multi Use	£6.55
1830-2000	Barbarian Forge	Aspire	£9.85

Saturday			
0915-1000	ICG Coach By Colour	Apex	£6.55
0915-1015	FuncFit Circuits	Aspire	£6.55
1030-1130	FuncFit Circuits	Aspire	£6.55
1400-1445	Chairobics	Multi Use	£3.30

Sunday			
1030-1115	ICG Classic Ride	Apex	£6.55
1130-1200	METAFIT	Multi Use	£6.55

Download our app: [Class Descriptions:](#)



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SCAN ME

Sign in using your SRT ID number and password

www.srt.org.uk

*To enrol on to an OTAGO (falls prevention) class please visit: <https://www.healthysketland.com/otago-programme/> e-mail: shet.fallsprevention@nhs.scot or call 01595 807494.

Shetland more active, more often!



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