

ULC Classes Timetable

From 15th April - 28th June

Mondays

WalkFit @ 9am
Senior Circuits @ 11am
Adult and Child Swim @ 11am
Swimskills Level 1/2 @ 3.50pm
Gym Circuits @ 6pm

Tuesdays

Silver Sneakers @ 11am
Run, Jump, Throw (P3-7) @ 3.50pm
Swimskills Level 2/3 @ 3.50pm
Step & Sculpt @ 6pm
Spinning @ 7pm
Aqua Circuits @ 7pm

Wednesdays

Metafit @ 9am
Zumba @ 6.30pm
Junior Gym Fit @ 6.30pm

Thursdays

Barbell Active @ 9am
Senior Circuits @ 11am
Little Movers (0-5yrs) @ 2pm
Swimskills Level 3/4 @ 3.50pm

Fridays

Spin & Trim @ 9am
Supple Strength @ 11am
Kick Fit @ 2pm
Silver Sneakers @ 2pm
Swimskills Level 4 @ 2pm
AquaFit @ 7pm

Saturdays

POP Pilates @ 11am
Rollerfit @ 11am
Splash & Mats @ 2- 4pm

Sundays

Roadrunning @ 11am
Splash & Mats @ 11am - 1pm

**Bookings can be made via the SRT website or phone
reception on 01595 807701**

Funded by

 Shetland
Charitable Trust

 Shetland Recreational Trust