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GROUP FITNESS TIMETABLE

MONDAY				
Time	Class	Class Info	Location	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	
1000 - 1100	SENIOR STRENGTH		Aspire	
1300 - 1400	SENIOR STRENGTH & BALANCE		Multi Use	
1310 - 1350	ICG CLASSIC RIDE		Apex	4/8
1730 - 1815	FATBURN EXTREME	Only available on 21/7 & 18/8	Multi Use	
1730 - 1815	HIITSTEP	Only available on 7/7 & 4/8	Multi Use	
1830 - 1915	HIITSTRENGTH	Available every second week from 7/7	Multi Use	

TUESDAY				
Time	Class	Class Info	Location	Exceptions
0700 - 0745	ICG CLASSIC RIDE		Apex	
1000 - 1200	SOCIAL TABLE TENNIS		Squash Courts	
1310 - 1350	FUNCFIT CIRCUITS		Aspire	1/7
1730 - 1815	POUND		Multi Use	

WEDNESDAY				
Time	Class	Class Info	Location	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	
1000 - 1100	SENIOR STRENGTH		Aspire	
1310 - 1350	ICG VIRTUAL RIDE		Apex	
1730 - 1815	MOVE IT OR LOSE IT		Waterside Suite	
1730 - 1815	HIITCARDIO		Multi Use	
1830 - 1915	HIITSTRENGTH		Multi Use	

Clickimin Leisure Complex June - August 2025



THURSDAY				
Time	Class	Class Info	Location	Exceptions
0700 - 0745	ICG COACH BY COLOUR		Apex	7/8
0915 - 1015	SENIOR CIRCUITS		Multi Use	14/8
1015 - 1115	SENIOR CIRCUITS		Multi Use	14/8
1200 - 1300	SENIOR STRENGTH & BALANCE		Multi Use	14/8
1330 - 1430	OTAGO	Requires self-referral*	Multi Use	14/8
1445 - 1545	OTAGO	Requires self-referral*	Multi Use	14/8
1730 - 1815	ICG CLASSIC RIDE		Apex	
1730 - 1815	BROADWAY BOOGIE		Multi Use	14/8
1730 - 1815	ICG CLASSIC RIDE		Apex	
1830 - 1915	BEGINNERS BURN		Multi Use	

FRIDAY				
Time	Class	Class Info	Location	Exceptions
1000 - 1045	SENIOR ICG VITRUAL		Apex	
1310 - 1350	ICG CLASSIC RIDE		Apex	8/8
1430 - 1630	SOCIAL BADMINTON		Main Hall	15/8
1730 - 1815	CORE STRENGTH	Available every second week from 11/7	Multi Use	

SATURDAY				
Time	Class	Class Info	Location	Exceptions
0915 - 1000	ICG COACH BY COLOUR		Apex	
0915 - 1015	FUNCFIT CIRCUITS		Aspire	
1030 - 1130	FUNCFIT CIRCUITS		Aspire	
1400 - 1445	CHAIROBICS		Waterside Suite	5/7 & 2/8

SUNDAY				
Time	Class	Class Info	Location	Exceptions
1030 - 1115	ICG CLASSIC RIDE		Apex	


CUSTOMER INFO

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/activities/group-fitness-classes


CLASS WAITING LISTS

Ask to be added to our waiting list and we'll notify you if a space becomes available.

Class Descriptions & Exception Dates:

SCAN ME



*To enrol on to an OTAGO (falls prevention) class please visit:

- <https://www.healthyshetland.com/otago-programme>
- email: shet.fallsprevention@nhs.scot
- 01595 807494



SCAN ME



Funded by



Note: All classes are non-refundable.