



ULC Classes Timetable

Shetland Recreational Trust

From 13th April - 3rd July

Mondays

WalkFit @ 9am
Senior Circuits @ 11am
Learn to swim level 1/2 @ 3.45pm
Tabata @ 6pm
Social Squash @ 6-8pm
AquaDance @ 6.30pm
(fortnightly from 13/04)
Public swimming @ 2.30 & 4.30pm

Wednesdays

Metafit @ 9am
Stillness & Serenity @ 3.45pm
Zumba @ 6.30pm
Public swimming 4.30 - 8pm

Fridays

Spin & Trim @ 9am
Aqua Balance @ 11am (from 24/04)
Silver Sneakers @ 2pm
KickFit @ 2pm
Learn to swim level 4 @ 2pm
Circuits @ 6pm
AquaFit @ 7pm
Public swimming @ 1pm & 3-5pm

Tuesdays

Silver Sneakers @ 11am
Little Movers (0-5yrs) @ 2.30pm
Secondary Gymfit (S1-4) @ 3.45pm
Junior Athletics (P4-7) @ 3.45pm
Learn to swim Level 2/3 @ 3.45pm
Step & Sculpt @ 6pm
Spinning @ 7pm
Volleyball (S1+) @ 7pm
Aqua Circuits @ 7pm
Public swimming @ 2 - 3.30pm
& 4.30-5.30pm

Thursdays

Senior Circuits @ 11am
Adult & Child swim @ 2pm
Learn to swim level 3/4 @ 3.45pm
Secondary Games @ 3.45pm
Aqua Balance @ 6.30pm
Public swimming 2.30 & 4.30 pm

Saturdays

POP Pilates @ 11am
Rollerfit @ 11am
Stillness & Serenity @ 1.15pm
Powerbox @ 2pm
Splash & Mats @ 11am-1pm
Public swimming @ 2pm - 4pm

Funded by



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