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GROUP FITNESS TIMETABLE

MONDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	Jae	
0900 - 1000	SENIOR STRENGTH		Aspire	Jae	
1000 - 1100	SENIOR STRENGTH		Aspire	Jae	
1300 - 1400	SENIOR STRENGTH & BALANCE		Multi Use	Jae	
1310 - 1350	ICG CLASSIC RIDE		Apex	Alan W	
1730 - 1815	FATBURN EXTREME	Starts 09/03 and available every third week	Multi Use	Lynne	
1730 - 1815	HIITSTEP	Starts 16/03 and available every third week	Multi Use	Lynne	
1730 - 1815	GAMEFIT	Starts 02/03 and available every third week	Multi Use	Lynne	
1800 - 1930	BARBARIAN FORGE		Aspire	Mike	20/4, 11/05, 1/06, 22/06
1815 - 1900	HIITSTRENGTH		Multi Use	Lynne	

TUESDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
0700 - 0745	ICG CLASSIC RIDE		Apex	Robert	
1000 - 1200	SOCIAL TABLE TENNIS		Squash Courts	Brian	
1000 - 1045	BYOBAIRN		Multi Use	Jennifer & Amy	
1310 - 1350	FUNCFIT CIRCUITS		Aspire	Jae	
1730 - 1815	POUND		Multi Use	Stacie & Louise	
1830 - 1930	FUNCFIT CIRCUITS		Aspire	Scott	
1830 - 1930	BOOTS, BEATS & BUDDIES			Stacie & Louise	

WEDNESDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	Jae	
1000 - 1100	SENIOR STRENGTH		Aspire	Jae	
1310 - 1350	ICG VIRTUAL		Apex	-	
1715 - 1800	MOVE IT OR LOSE IT		Waterside Suite	Ruth	
1730 - 1815	HIITCARDIO		Multi Use	Lynne	
1815 - 1900	HIITSTRENGTH		Multi Use	Lynne	

Clickimin Leisure Complex March - June 2026



THURSDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
0700 - 0745	ICG CLASSIC RIDE		Apex	Various	
0915 - 1015	SENIOR CIRCUITS	30/04 in Aspire	Multi Use	Jae	
1015 - 1115	SENIOR CIRCUITS	30/04 in Aspire	Multi Use	Jae	
1200 - 1300	OTAGO		Multi Use	Jae	30/4
1330 - 1430	OTAGO		Multi Use	Jae	30/4
1445 - 1545	OTAGO		Multi Use	Jae	30/4
1730 - 1815	ICG CLASSIC RIDE		Apex	Rozanne	
1730 - 1815	BROADWAY BOOGIE		Multi Use	Stacie & Louise	30/4
1800 - 1930	BARBARIAN FORGE		Aspire	Mike	23/04, 14/05, 04/06, 25/06
1830 - 1915	BEGINNERS BURN		Multi Use	Rozanne	23/04, 30/04

FRIDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
0700 - 0745	HIITCIRCUIT		Multi Use	Lynne	01/05, 05/06
1000 - 1045	SENIOR ICG VIRTUAL		Apex	-	08/05
1310 - 1350	CORE STRENGTH		Multi Use	Lynne	01/05, 08/05, 05/06
1310 - 1350	ICG CLASSIC RIDE		Apex	Alan	08/05
1430 - 1630	SOCIAL BADMINTON		Main Hall	Brian	01/05, 08/05, 05/06
1630 - 1715	SCULPT & TONE		Multi Use	Lynne	08/05, 05/06
1730 - 1815	ICG CLASSIC RIDE		Apex	John/Trish/Alan	08/05
1730 - 1815	SHREDMAX		Multi Use	Lynne	05/06
1830 - 1930	BOOTS, BEATS & BUDDIES		Multi Use	Stacie & Louise	05/06, 12/06

SATURDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
0915 - 1000	ICG COACH BY COLOUR		Apex	Robert	
0915 - 1015	FUNCFIT CIRCUITS		Aspire	Jae/Mike	
1030 - 1130	FUNCFIT CIRCUITS		Aspire	Jae/Mike	
1400 - 1445	CHAIRBICS		Waterside Suite	Ruth	
1800 - 1930	BARBARIAN FORGE		Aspire	Mike	02/05, 16/05, 30/05, 13/06, 20/06, 27/06

SUNDAY

Time	Class	Class Info	Location	Instructor(s)	Exceptions
1030 - 1115	ICG CLASSIC RIDE		Apex	Rozanne	
1300 - 1350	SCULPT & TONE		Multi Use	Lynne	03/05, 07/06

i 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

i 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:



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

- 🌐 <https://www.healthysketland.com/otago-programme>
- ✉ email: shet.fallsprevention@nhs.scot
- ☎ 01595 807494

Funded by
 Shetland Charitable Trust



Note: All classes are non-refundable.