

ULC Classes Timetable

From 15th July - 18th August

Mondays

WalkFit @ 9am
Rollerfit @ 11am
Senior Circuits @ 11am
Pool Party @ 2.30pm*
Tabata @ 6pm
Public swimming @ 3.30 - 5.30pm

Tuesdays

Silver Sneakers @ 11am
Little Movers (0-5yrs) @ 2.30pm
Step & Sculpt @ 6pm
Virtual Spinning @ 7pm
Ladies & Girls football (P4+) @ 7pm
Aqua Circuits @ 7pm
Public swimming @ 2 - 5.30pm

Wednesdays

Metafit @ 9am
Kindergym (0-7yrs) @ 11am*
Stillness & Serenity @ 3.45pm
Zumba @ 6.30pm
Public swimming 4.30 - 8pm

Thursdays

Senior Circuits @ 11am
Rollerfit @ 11am
Pool Party @ 2pm*
Aqua Balance HIIT @ 6.30pm
Public swimming 3-5pm

Fridays

Spin & Trim @ 9am
Bouncy Castle
& Games @ 11am*
Silver Sneakers @ 2pm
Circuits @ 6pm
Aquafit @ 7pm
Public swimming @ 1-5pm

Saturdays

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



Shetland Recreational Trust



Funded by

**Shetland
Charitable Trust**

***Summer court hire special - Pay for one court and get 2 courts free or
pay for 30 minutes in squash court and 30 minutes free!***

Only available via reception booking.

• **These activities are not included in the More4Life membership**