

ULC Classes Timetable

From 24th August - 9th October

Mondays

WalkFit @ 9am

Senior Circuits @ 11am

Learn to Swim Lv1 @ 3.50pm

Tabata @ 6pm

Aqua Dance @ 6.30pm

(fortnightly from 31/08)

Public swimming @ 2.30 & 4.30pm

Tuesdays

Silver Sneakers @ 11am

Little Movers (0-5yrs) @ 2.30pm

Junior Gymfit (P5-S4) @ 3.50pm

Learn to Swim Lv2 @ 3.50pm

Junior Badminton (P6-S4) @ 6pm

Step & Sculpt @ 6pm

Spinning @ 7pm

Aqua Circuits @ 7pm

Public swimming @ 2pm

Relax & Swim @ 4.30pm

Wednesdays

Metafit @ 9am

Stillness & Serenity @ 5.30pm

Zumba @ 6.30pm

Relax & Swim @ 4.30pm

Underwaterlights @ 6.30-8pm

Thursdays

Senior Circuits @ 11am

Peerie Splashers @ 2pm

Secondary Games @ 3.50pm

Learn to Swim Lv3 @ 3.50pm

Aqua Balance @ 6.30pm

Public swimming @ 2.30 & 4.30pm

Fridays

Spin & Trim @ 9am

POP Pilates @ 11am

Silver Sneakers @ 2pm

Kickfit @ 2pm

Learn to Swim Lv4 @ 2pm

Circuits @ 6pm

Aquafit @ 7pm

Public swimming @ 1pm & 3-5pm

Saturdays

Build & Burn @ 11am

Rollerfit @ 11am

Stillness & Serenity @ 1.15pm

Splash & Mats @ 11am-1pm

Laser Tag @ 3pm (from 05/09)

Public swimming @ 2pm-4pm

All courses and classes can be booked via the SRT

website or SRT app.



Shetland Recreational Trust



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