GROUP FITNESS TIMETABLE

CLICKIMIN LEISURE COMPLEX (SEPTEMBER-DECEMBER 2026)

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Monday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Play Price
0700 - 0745	FuncFit Circuits	Aspire	07/09	21/12	-	Jae	£7.25
1310 - 1350	ICG Classic Ride	Apex	07/09	21/12	-	Alan	£5.55
1730 - 1815	HIITSTEP	Multi Use	05/10	07/12	Available every third week	Lynne	£7.25
1730 - 1815	Fatburn Extreme	Multi Use	28/09	30/11	Available every third week	Lynne	£7.25
1730 - 1815	GameFIT	Multi Use	21/09	14/12	Available every third week	Lynne	£7.25
1800 - 1845	ICG Coach by Colour	Apex	05/10	21/12	19/10, 26/10, 16/11, 23/11, 30/11	Rozanne	£7.25
1800 - 1845	ICG Classic Ride	Apex	Available dates: 19/10, 16/11, 30/11, 14/12			Trish	£7.25
1815 - 1900	HIITSTRENGTH	Multi Use	21/09	14/12	-	Lynne	£7.25
1830-2000	Barbarian Forge	Aspire	07/09	21/12	14/09, 05/10, 26/10, 16/11, 07/12	Mike	£10.85
1915 - 2000	Beginners Step	Multi-Use	05/10	21/12	12/10, 30/11	Rozanne	£7.25

Tuesday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Play Price
0700 - 0745	ICG Coach by Colour	Apex	08/09	22/12	13/10, 20/10	Robert	£7.25
1000 - 1045	Bring Your Own Bairn	Multi Use	01/09	22/12	13/10, 20/10, 27/10, 03/11	Amy/Jennifer	£7.25
1115 - 1200	Bring Your Own Bairn	Multi Use	01/09	22/12	13/10, 20/10, 27/10, 03/11	Amy/Jennifer	£7.25
1310 - 1350	FuncFit Circuits	Aspire	01/09	22/12	-	Jae	£5.55
1730 - 1815	Pound	Multi Use	01/09	22/12	-	Stacie/Louise	£7.25
1830 - 1930	BB Line Dancing	Multi Use	01/09	22/12	-	Stacie/Louise	£7.25
1830 - 1930	FuncFit Circuits	Aspire	01/09	22/12	-	Rozanne	£7.25

Wednesday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Play Price
0700 - 0745	FuncFit Circuits	Aspire	02/09	16/12	-	Jae	£7.25
1310 - 1350	ICG Virtual	Apex	02/09	16/12	-	Various	£5.55
1730 - 1815	HIITCARDIO	Multi Use	02/09	16/12	09/09, 16/09	Lynne	£7.25
1815 - 1900	HIITSTRENGTH HEAVY	Multi Use	02/09	16/12	09/09, 16/09	Lynne	£7.25

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Thursday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Play Price
0700 - 0745	ICG Classic Ride	Apex	03/09	17/12	-	Various	£7.25
1730 - 1815	ICG Classic Ride	Apex	03/09	17/12	24/09, 01/10, 26/11	Rozanne	£7.25
1730 - 1815	Broadway Boogie	Multi Use	03/09	17/12	-	Stacie/Louise	£10.85
1830-2000	Barbarian Forge	Aspire	03/09	17/12	17/09, 08/10, 29/10, 19/11, 10/12	Mike	£10.85
1830 - 1915	Beginners Burn	Multi Use	03/09	17/12	24/09, 01/10, 26/11	Rozanne	£7.25

Friday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Play Price
0700 - 0745	HIITCIRCUIT	Multi Use	04/09	11/12	04/09, 11/09, 18/09, 06/11	Lynne	£7.25
1630 - 1720	Sculpt & Tone	Multi Use	04/09	11/12	04/09, 11/09, 18/09, 25/09, 09/10, 06/11, 13/11	Lynne	£7.25
1730 - 1815	Core Strength	Multi Use	04/09	11/12	04/09, 11/09, 18/09, 25/09, 09/10, 06/11, 13/11	Lynne	£7.25
1730 - 1815	ICG Classic Ride	Apex	04/09	18/12	-	Various	£7.25
1815 - 1915	BB Line Dancing	Multi Use	04/09	18/12	25/09, 09/10, 06/11, 13/11, 11/12	Stacie/Louise	£7.25

Saturday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Place Price
0915 - 1000	ICG Coach by Colour	Apex	05/09	19/12	05/09, 10/10, 17/10, 24/10	Robert	£7.25
0915 - 1015	FuncFit Circuits	Aspire	05/09	19/12	05/09	Jae/Mags	£7.25
1030 - 1130	FuncFit Circuits	Aspire	05/09	19/12	05/09	Jae/Mags	£7.25
1600 - 1645	Shred max	Multi Use	03/10	12/12	Available every second week	Lynne	£7.25

Sunday	Class	Location	Start Date	End Date	Exception Dates	Instructor	Pay & Play Price
1030 - 1115	ICG Classic Ride	Apex	06/09	20/12	27/09, 29/11	Rozanne	£7.25

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.

Funded by Shetland Charitable Trust

Class Descriptions & Exception Dates:

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Note: All classes are non-refundable.