



# GROUP FITNESS TIMETABLE

CLICKIMIN LEISURE COMPLEX (SEPTEMBER-DECEMBER 2026)

**MORE4life**  
Shetland more active, more often

Download our app:



SCAN ME



| 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 | BringYourOwnBairn      | Multi Use | 01/09      | 22/12    | 13/10, 20/10, 27/10, 03/11 | Amy/Jennifer  | £7.25            |
| 1115 - 1200 | BringYourOwnBairn      | 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 | Boots, Beats & Buddies | 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 | HIITSTRENGTHHEAVY | Multi Use | 02/09      | 16/12    | 09/09, 16/09    | Lynne      | £7.25            |



www.srt.org.uk



01595 741000

| 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 | Boots, Beats & Buddies | 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](http://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.

Class Descriptions  
& Exception Dates:



Funded by  
 **Shetland Charitable Trust**

**Note:** All classes are non-refundable.

**ACCESS2LEISURE**  
Shetland more active, more often