

Whalsay Leisure Centre

Fitness Class Timetable

<u>MONDAY</u>	AQUA	10.30-11.30	£7.25
	MONDAY MIX	18.30-19.30	£7.25
<u>TUESDAY</u>	SOCIAL SPINNING	09.00-10.00 & 18.00-20.00	£7.25
	LADIES GYM HOUR	18.00-19.00	£7.00
	POWER SWIM	19.00-20.00	£6.10/£4.20
<u>WEDNESDAY</u>	SOCIAL SPINNING	17.00-20.00	£7.25
<u>THURSDAY</u>	GYMFIT	09.00-10.00	£7.25
	OTAGO	10.30-11.30	£3.70
	STRENGTH & BALANCE	11.30-12.30	£3.70
	STUDIO YOGA	17.00-19.00	£7.25
	AQUA	19.00-20.00	£7.25
<u>FRIDAY</u>			
<u>SATURDAY</u>	SATURDAY CIRCUIT 29 th August 19 th & 26 th September	10.00-11.00	£7.25

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Symbister, Whalsay, Shetland, ZE2 9AA

www.srt.org.uk

01595 807707



Registered Charity: SC002179



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