ULC Classes Timetable

From 2nd November - 22nd December

Mondays

WalkFit @ 9am
Peerie Spalshers @ 10am
Senior Circuits @ 11am
Learn to Swim Lv1 @ 3.50pm
Tabata @ 6pm
Aqua Dance @ 6.30pm
(fortnightly from 02/11)
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
Zumba @ 6.30pm
Relax & Swim @ 4.30-6.30pm
Underwaterlights @ 6.30-8pm

Thursdays

Senior Circuits @ 11am
Peerie Splashers @ 2pm
Learn to Swim Lv3@ 3.50pm
Laser Tag @ 3.45pm (P1-3)
Aqua Balance HIIT @ 6.30pm
Line Dancing @ 6.30m
Public swimming @ 2.30 & 4.30pm

Fridays

Spin & Trim @ 9am
POP Pilates @ 11am
Silver Sneakers @ 2pm
Mini Games (Nursery-P1) @ 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 P4+
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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