

ULC Classes Timetable

From 7th January - 30th March

Mondays

WalkFit @ 9am

Senior Circuits @ 11am

Learn to swim level 1/2 @ 3.45pm

Tabata @ 6pm

Public swimming @ 2.30 & 4.30pm

Tuesdays

Silver Sneakers @ 11am

Junior Gymfit @ 3.45pm

Learn to swim Level 2/3 @ 3.45pm

Be Active @ 6pm

Step & Sculpt @ 6pm

Spinning @ 7pm

Aqua Circuits @ 7pm

Public swimming @ 2 - 3.30pm

Wednesdays

Metafit @ 9am

Be Active @ 11am

Zumba @ 6.30pm

Swimming 4.30 - 8pm

Thursdays

Barbell Active @ 9am

Senior Circuits @ 11am

Be Active Thursdays @ 1pm

Adult & Child swim @ 2pm

Learn to swim level 3/4 @ 3.45pm

Secondary Games @ 3.45pm

Roadrunning Circuits @ 6.30pm

Public swimming 2.30 & 4.30 pm

Fridays

Spin & Trim @ 9am

Racketzone @ 11am

Be Active @ 1pm

Silver Sneakers @ 2pm

KickFit @ 2pm

Learn to swim level 4 @ 2pm

Be Active @ 6pm

Aquafit @ 7pm

Public swimming @ 1pm & 3-5pm

Saturdays

POP Pilates @ 11am

Rollerfit @ 11am

Splash & Mats @ 11am-1pm

Public swimming @ 1pm - 2pm

Racketzone @ 3pm

Sunday

Rollerfit @ 11am

Splash & Mats @ 11am - 1pm

Public swimming @ 1- 2pm

**Bookings can be made
via the SRT website or
phone reception**

Funded by **on 01595 807701**

 Shetland
Charitable Trust



Shetland Recreational Trust