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GROUP FITNESS TIMETABLE

MONDAY

Time	Class	Class Info	Location	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	
1000 - 1100	SENIOR STRENGTH		Aspire	
1305 - 1355	🕒 YIN YOGA		Waterside Suite	7/04
1300 - 1400	SENIOR STRENGTH & BALANCE		Multi Use	5/05
1310 - 1350	ICG CLASSIC RIDE		Apex	
1730 - 1815	FATBURN EXTREME	Starting 14/04 and available every second week	Multi Use	
1830 - 1915	HIITSTRENGTH	Starting 14/04 and available every second week	Multi Use	
1730 - 1815	BEGINNERS CIRCUIT	Starting 7/04 and available every second week	Multi Use	
1800 - 1930	BARBARIAN FORGE		Aspire	
1830 - 1930	BURN	Starting 7/04 and available every second week	Multi Use	

TUESDAY

Time	Class	Class Info	Location	Exceptions
0700 - 0745	ICG CLASSIC RIDE		Apex	
1000 - 1200	SOCIAL TABLE TENNIS		Squash Courts	
1310 - 1350	FUNCFIT CIRCUITS		Aspire	
1730 - 1815	POUND		Multi Use	
1800 - 1930	POWER FORGE		Aspire	1/04
1800 - 1900	🕒 FREE FLOW YOGA		Bowls Hall	8/04

WEDNESDAY

Time	Class	Class Info	Location	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	
0700 - 0745	🕒 FLOW YOGA		Waterside Suite	9/04
1000 - 1100	SENIOR STRENGTH		Aspire	
1310 - 1350	ICG VIRTUAL RIDE		Apex	
1730 - 1815	MOVE IT OR LOSE IT		Waterside Suite	
1730 - 1815	HIITCARDIO		Multi Use	
1800 - 1900	🕒 YIN YOGA		Bowls Hall	9/04
1830 - 1930	FUNCFIT CIRCUITS		Aspire	
1830 - 1915	HIITSTRENGTH		Multi Use	



THURSDAY				
Time	Class	Class Info	Location	Exceptions
0700 - 0745	ICG COACH BY COLOUR		Apex	
0915 - 1015	SENIOR CIRCUITS		Multi Use	1/05
1015 - 1115	SENIOR CIRCUITS		Multi Use	1/05
1200 - 1300	SENIOR STRENGTH & BALANCE		Multi Use	1/05
1305 - 1355	🕯 LUNCHTIME YIN YOGA		Waterside Suite	10/04, 8/05
1330 - 1430	OTAGO	Requires self-referral*	Multi Use	1/05
1445 - 1545	OTAGO	Requires self-referral*	Multi Use	1/05
1730 - 1815	ICG CLASSIC RIDE		Apex	
1800 - 1930	POWER FORGE		Aspire	3/04
1730 - 1815	BROADWAY BOOGIE		Multi Use	1/05
1830 - 1915	BEGINNERS BURN		Multi Use	1/05
1830 - 1930	🕯 RESTORE YOGA		Bowls Hall	29/05

FRIDAY				
Time	Class	Class Info	Location	Exceptions
0700 - 0745	FUNCFIT CIRCUITS		Aspire	
0915 - 1015	🕯 YANG-YIN YOGA	02/05 in Waterside Suite	Multi Use	11/04
1000 - 1045	SENIOR ICG VITRUAL		Apex	
1310 - 1350	ICG CLASSIC RIDE		Apex	
1430 - 1630	SOCIAL BADMINTON		Main Hall	
1730 - 1815	HIITSTRENGTH	Starting 4/04 and available every second week	Multi Use	
1800 - 1930	BARBARIAN FORGE		Aspire	04/04
1830 - 1915	CORE STRENGTH	Starting 4/04 and available every second week	Multi Use	
1730 - 1815	HIITSTEP	Starting 11/04 and available every second week	Multi Use	

SATURDAY				
Time	Class	Class Info	Location	Exceptions
0915 - 1000	ICG COACH BY COLOUR		Apex	
0915 - 1015	FUNCFIT CIRCUITS		Aspire	
1030 - 1130	FUNCFIT CIRCUITS		Aspire	
1130 - 1215	HIITCARDIO	Starting 12/04 and available every second week	Multi Use	26/04
1130 - 1215	HIITSTEP	Starting 5/04 and available every second week	Multi Use	3/05, 31/05
1400 - 1445	CHAIROBICS		Waterside Suite	5/04,12/04, 26/04,14/06

SUNDAY				
Time	Class	Class Info	Location	Exceptions
1030 - 1115	ICG CLASSIC RIDE		Apex	


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.

Class Descriptions
& Exception Dates:



*To enrol on to an OTAGO (falls prevention) class please visit:

- 🌐 <https://www.healthyshetland.com/otago-programme>
- ✉ email: shet.fallsprevention@nhs.scot
- ☎ 01595 807494



Note: All classes are non-refundable.

