



Group Exercise Timetable

25 October- 21 December 2021



KGS Sports Centre

Monday

FatBurn Extreme 17:30 - 18:00

Pound 19:30 - 20:15

Tuesday

Studio Cycle 17:45 - 18:15

Wednesday

Studio Cycle 17:45 - 18:15

Fit'N'Flexible 18:45 - 19:15

Thursday

Penalty Box Fit 17:30 - 18:00

Friday

Studio Cycle 17:45 - 18:15

Saturday

FatBurn Extreme 09:30 - 10:00

Studio Cycle 10:30 - 11:00

Stromness

Monday

AquaFit 09:15 - 10:00 SP

Tuesday

Dance Fit 11:15 - 11:45 SCC

Fit'N'Flexible 12:00 - 12:30 SCC

FatBurn Extreme 17:30 - 18:00 SCC

Wednesday

Aqua Aerobics 11:00 - 11:45 SP

Thursday

FatBurn Extreme 18:00 - 18:30 SCC

SP - Stromness Pool SCC - Stromness Community Centre

Hope HLC

Tuesday

DW Fitness* 17:45 - 18:15

Wednesday

Pound 19:00 - 19:45

Friday

Fit'N'Flexible * 18:45 - 19:15

Dounby Centre

Monday

Studio Cycle 17:45 - 18:15

Tuesday

Clubbercise 18:45 - 19:30

Wednesday

FatBurn Extreme 18:00 - 18:30

Thursday

Zumba 18:30 - 19:15

Floor-Barre 19:30 - 20:15

Friday

FatBurn Extreme 18:00 - 18:30

Classes can be booked in advance.

Bookings can be made online at www.orkney.gov.uk/slbookings or using the iScuba App.

For more information or alternatively to book a class please contact:

KGS Sports Centre- Mon - Fri, 9am - 5pm on 01856 873535, during evenings and weekends 01856 872364, or email kirkwallsportscentre@glow.orkneyschools.org.uk

Dounby Centre - email dounby.centre@glow.orkneyschools.org.uk or call 01856 771280 in the evenings during opening hours

Stromness Community Centre - call 01856 850712 or email leisure.culture@orkney.gov.uk.

Stromness Swimming Pool and Fitness Centre - call 01856 850552 during opening hours or email stromness.pool@glow.orkneyschools.org.uk

 Aqua  Cardio  Mind & Body

*trial

Stromness Fitness Suite Sessions

Monday

07:30 - 14:00
17:30 - 19:30

Tuesday

16:00 - 19:00

Wednesday

07:30 - 14:00
16:30 - 19:30

Thursday

16:30 - 19:30

Friday

07:30 - 14:00
17:30 - 19:30

Saturday

09:00-10:00 Ladies Gym
10:00-12:30

Sunday

11:00-12:00
12:00-13:00 Ladies Gym

Dounby Centre

Monday - Friday

17:45 - 20:45

KGS Sports Centre Fitness Suite Sessions Monday - Friday

17:30 - 20:30

Saturday

10:00 - 13:00

Sunday

10:00 - 14:00

Hope

Monday

18:00 - 18:55
19:00 - 19:55

Wednesday

18:00 - 18:55
19:00 - 19:55

Thursday

18:00 - 18:55
19:00 - 19:55

Friday

10:00 - 10:55

Saturday

10:00 - 10:55

**For all other Healthy Living Centres
please check directly with them for
opening times.**

Stromness Swimming Pool Opening Times

Monday

0730 – 0910 Lane Swimming
0915 – 1000 Aquafit + Deep
End
1000 – 1100 Wellness Session
1100 – 1145 Parents & Tots
1200 – 1400 Lane Swimming
*1730 – 1815 Power Swim
*1730 – 1930 Lane Swimming
*1815 – 1930 Family Session
0800 – 1330 Health Suite
1800 – 1900 Health Suite

Tuesday

1600 – 1900 Learn 2 Swim
1630 – 1830 Health Suite

Wednesday

0730 – 0955 Lanes Swimming
1000 – 1100 Wellness
1100 – 1145 Aqua Aerobics
1200 – 1400 Lane Swimming
0800 – 1330 Health Suite

*Where swimming sessions
overlap, the pool will be divided
in half lengthways

Thursday

1630 – 1730 L2S
1730 – 1815 Family Session
1830 – 1930 Skills & Drills
1700 – 1900 Health Suite

Friday

0730 – 0955 Lane Swimming
1000 – 1100 Wellness Session
1100 – 1145 Parents & Tots
1200 – 1400 Lane Swimming
*1730 – 1815 Power Swim
*1730 – 1815 Lane Swimming
1815 – 1930 Family Session
0800 – 1330 Health Suite
1800 – 1900 Health Suite

Saturday

0900 – 1115 L2S
1115 – 1230 Family Session
0930 – 1200 Health Suite

Sunday

1100 – 1300 Family Session
1130 – 1230 Health Suite