



Group Exercise Timetable

10 January - 17 April 2022



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

Thursday

GameFit 17:30 - 18:00

Friday

Studio Cycle 17:45 - 18:15

Saturday

FatBurn Extreme 09:30 - 10:00

Studio Cycle 10:30 - 11:00

*Starts 17 Jan

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

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

**Starts 19 Jan

Dounby Centre

Monday

Studio Cycle 18:00 - 18:30

Wednesday

FatBurn Extreme 18:00 - 18:30

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