

## MONDAY

Cycle Express***	0715-0745
BodyPump**	0930-1015
BodyBalance*	1030-1130
Aqua Zumba Lt*	1130-1215
Power Swim***	1245-1315
Walking Football**	1300-1400
Boxing Circuits**	1310-1340
BodyCombat**	1730-1815
Zumba Fitness**	1830-1915

## TUESDAY

Circuits***	0700-0745
Fit 'n' 50*	1000-1100
Yoga for Strength**	1200-1255
BodyPump***	1310-1345
Tone**	1730-1815
STRONG***	1830-1915
BodyBalance*	1930-2015

## WEDNESDAY

Power Swim***	0715-0745
Cycle Express***	0715-0745
Floor-Barre**	0930-1015
Zumba Gold*	1030-1130
Centered Yoga*	1000-1100
BodyBalance*	1200-1245
Skills & Drills*	1245-1315
Strength Circuits**	1310-1340
Cycle Fit**	1730-1815
GRIT Strength***	1730-1800
STRONG***	1805-1850
Zumba Fitness**	1900-1945

### Gym Opening Times:

Mon – Fri: 0630 - 2200  
Sat – Sun: 0900 - 2000

\* Check the website for Strength & Conditioning opening times.

## THURSDAY

Circuits***	0700-0745
Fit 'n' 50*	0945-1045
Yoga for Strength**	1200-1255
Walking Football**	1230-1400
BodyPump***	1310-1345
Chair Yoga*	1315-1400
Aqua-Natal*	1715-1800
Zumba Fitness**	1730-1815
BarreConcept**	1730-1815
BodyPump***	1830-1915
Pilates*	1830-1915
Fitness Yoga*	1930-2015

## FRIDAY

Cycle Express***	0715-0745
Zumba Light*	0945-1030
Body Balance*	1045-1130
GRIT Strength***	1310-1340
BodyCombat**	1730-1815
Centred Yoga*	1730-1830
Skills & Drills*	1730-1800
Zumba Fitness**	1830-1915
BodyPump***	1930-2015

## SATURDAY

Fitness Yoga*	1000-1100
BarreConcept**	1130-1215
Aqua Zumba**	1500-1545
BodyPump***	1600-1700

## SUNDAY

STRONG***	1130-1215
Masters***	1700-1800

For all up-to-date information on classes, visit us on:

[www.pickaquooy.co.uk](http://www.pickaquooy.co.uk)  
**01856 879900**

\*LOW INTENSITY \*\*MEDIUM INTENSITY \*\*\*HIGH INTENSITY

## AQUA

Bring some fun into your workout and step into the pool. Working out in water enables you to perform movements with reduced impact on joints.

## CARDIO

Cardio is any movement that gets your heart rate up and increases blood circulation. It's great for burning calories and weight loss.

## STRENGTH

Strength training makes you stronger and fitter. It helps keep the weight off, boosts energy levels and improves your mood.

## MIND & BODY

These classes aim to improve your flexibility, awareness and mindfulness, paying particular attention to body breathing and alignment.

## KGS Sports Centre

### MONDAY

FatBurn Extreme\*\*\* 1730-1800

Pilates\* 1845-1930

Yoga\* 1945-2030

### TUESDAY

FatBurn Extreme\*\*\* 0700-0730

Studio Cycle\*\*\* 1745-1815

GameFit\*\*\* 2000-2030

### WEDNESDAY

GameFit\*\*\* 1730-1800

FatBurn Extreme\*\*\* 2000-2030

### THURSDAY

FatBurn Extreme\*\*\* 1730-1800

Zumba Gold\* 1800-1845

Clubbercise\*\* 1900-2000

### FRIDAY

GameFit\*\*\* 0700-0730

Studio Cycle\*\*\* 1745-1815

### SATURDAY

FatBurn Extreme\*\*\* 0930-1000

Studio Cycle\*\*\* 1030-1100

For more information or to book a class, contact KGS Mon - Fri, 9am - 5pm on 01856 873535 ext 2430 or after 5pm and at weekends on 01856 872364, or email [kirkwallsportscentre@glow.orkneyschools.org.uk](mailto:kirkwallsportscentre@glow.orkneyschools.org.uk)

## Stromness

### MONDAY

Exercise in Water\*\* 0915-1000 SP

### TUESDAY

FatBurn Extreme\*\*\* 1730-1800 SCC

### THURSDAY

Zumba Gold\* 1000-1100 SCC

Aqua Zumba\*\* 1600-1645 SP

FatBurn Extreme\*\*\* 1800-1830 SCC

### FRIDAY

Aqua Zumba\*\* 1830-1915 SP

### SATURDAY

GameFit\*\*\* 0930-1000 SCC

SP - Stromness Swimming Pool  
SCC - Stromness Community Centre

\* **LOW INTENSITY**  
\*\* **MEDIUM INTENSITY**  
\*\*\* **HIGH INTENSITY**

## Group Exercise Timetable

## Dounby Centre

### MONDAY

Zumba\*\* 1900-1945

Floor-Barre\* 2015-2100

### TUESDAY

GameFit\*\*\* 1800-1830

Clubbercise\*\* 1900-2000

### WEDNESDAY

FatBurn Extreme\*\*\* 1800-1830

### FRIDAY

FatBurn Extreme\*\*\* 1800-1830

For more information or to book a class, please contact us by email [dounby.centre@glow.orkneyschools.org.uk](mailto:dounby.centre@glow.orkneyschools.org.uk) or call us on 01856 771280.

## Hope Healthy Living Centre

### TUESDAY

FatBurn Extreme\*\*\* 1745-1815

### THURSDAY

FatBurn Extreme\*\*\* 1745-1815

The FatBurn Extreme classes are held in the Hope Community School.

## Fitness Suite Opening Times

### KGS Sports Centre

Mon – Fri: 1730 - 2100\*

Sat – Sun: 1000 - 1300\*

\* Core Opening Hours - Additional opening hours may available, ask staff for details or check our facebook page.

### Stromness Fitness Suite

Mon: 0830 - 1200 & 1600 - 1930

Tues: 1000 - 1200 & 1600 - 1930

Wed: 0830 - 1200 & 1600 - 2000

Thur: 1000 - 1200 & 1500 - 1930

Fri: 0830 - 1200 & 1600 - 1930

Sat: 0900 - 1300

Sun: 1000 - 1200 & 1400 - 1530

### Dounby Centre

Mon – Fri: 1730 - 2000

Sat – Sun: Closed

\*Additional opening hours may available – ask staff for details or check our Facebook page.

### Hope Healthy Living Centre

Tues: 1830 - 2030

Wed: 0930 - 1130

Thur: 1830 - 2030

Sun: 0930 - 1100