

# Group Fitness Timetable

## 20<sup>th</sup> April 2026 to 5<sup>th</sup> July 2026

### KGS Sports Centre

#### Monday

**Pound**

(Victoria/Jessica)  
18:45 - 19:30

#### Tuesday

**SOULSA High**

(Pat)  
17:30-18:00

**Indoor Cycling**

(Neil/Charlotte)  
18:00-18:45

**Yoga**

(Ellen)  
20:00 - 20:45

#### Wednesday

**Pound**

(Victoria/Jessica)  
18:00 - 18:45

#### Saturday

**Fatburn Extreme**

(Emma/Ellis)  
09:30 - 10:00

**Pound**

(Victoria/Jessica)  
10:30-11:15

### Stromness Community Centre

#### Tuesday

**Aerobics & Toning**

(Marion)

10:00 - 10:45 SCC

**FatBurn Extreme**

(Marion)

17:30 - 18:00 SCC

#### Thursday

**FatBurn Extreme**

(Marion)

18:00 - 18:30 SCC

#### Sunday

**Aerobics**

(Marion)

18:00 - 18:30 SCC

(Instructor names in brackets)

**SOULSA High** = New Class or time change

### Dounby Centre

#### Monday

**Indoor Cycling**

(Neil/Charlotte)

17:45-1830

#### Wednesday

**Fatburn Extreme**

(Tracy)

18:00 - 18:30

Scan and Login  
to book



Bookings at KGS Sports Centre and the Dounby Centre can be made online at [www.orkney.gov.uk/booknow](http://www.orkney.gov.uk/booknow) or using the iScuba app on your smartphone. For more information or to book a class please contact:

#### KGS Sports Centre -

☎ Mon - Fri, 9am - 5pm on 01856 873535, or during evenings and weekends 01856 872364

✉ [kirkwallsportscentre@glow.orkneyschools.org.uk](mailto:kirkwallsportscentre@glow.orkneyschools.org.uk)

#### Dounby Centre -

☎ Mon - Fri, 9am - 5pm on 01856 873535 or during opening hours call 01856 771280

✉ [dounby.centre@glow.orkneyschools.org.uk](mailto:dounby.centre@glow.orkneyschools.org.uk)

#### Stromness Community Centre -

☎ 01856 850712 during opening hours

✉ [leisure.culture@orkney.gov.uk](mailto:leisure.culture@orkney.gov.uk)