



The Fingal Centre, Portree – Dry side Programme

Monday 11th October – Saturday 23rd October 2021
Booking Essential For All Activities

Group Fitness Classes			Fitness Suite – 1 hour
Monday	Fatburn	7.00 – 7.45am	
	Aquacise	1.00 – 2.00pm	Mondays – Wednesday - Fridays
	HIIT Step	5.30 – 6.00pm	7am – 9pm (5pm Fridays)
	Indoor Cycling	6.30 – 7.30pm	
Tuesday	Zumba	5.30 – 6.30pm	Tuesday - Thursday
	Aquacise – Not on 19th Oct	6.00 – 7.00pm	12noon – 9.30pm
	Indoor Cycling	6.45 – 7.45pm	
	Pi/Yo	6.45 – 7.45pm	Saturday
Wednesday	Metafit	7.00 – 7.45am	9am – 4pm
	Fatburn	5.15 – 5.45pm	
Thursday	Indoor Cycling	7.00 – 7.45am	
	Aquacise – Not on 14th Oct	1.00 – 2.00pm	
	Zumba	5.45 – 6.45pm	
	Pilates	7.00 – 8.00pm	
Friday	Fatburn	7.00 – 7.45am	
Programme Guidance Notes Classes must be booked online or by telephone. No need to book for the Fitness Suite <i>Along with our enhanced cleans, facilities are being cleaned regularly during and after all sessions.</i>			