



The Fingal Centre, Portree – Dryside Programme

Monday 12th January – 2nd April 2023

Group Fitness Classes			Fitness Suite		
Monday	Fatburn	7.00 – 7.30am			
	Aquacise	1.15 – 2.00pm	Mondays & Wednesdays		
	HIIT Step	5.30 – 6.00pm	7.00am – 8.30am		
	Indoor Cycling	6.30 – 7.30pm	4.00pm – 9.00pm		
Tuesday	Abs Session	7.00 – 7.30am			
	Zumba (Niki)	5.30 – 6.30pm	Tuesdays & Thursdays		
	Aquacise	6.15 – 7.00pm	7.00am – 8.30am		
	Indoor Cycling	5.30 – 6.15pm	5.00pm – 9.00pm		
	Pilates (Niki)	6.45 – 7.45pm			
Wednesday	Metafit	7.00 – 7.30am	Fridays		
	Fatburn	5.15 – 5.45pm	7.00am – 8.30am		
	Aquacise	6.15 – 7.00pm	3.00pm – 7.00pm		
Thursday	Indoor Cycling	7.00 – 7.45am	Saturdays	Sundays	
	AquaDance	2.00 – 2.45pm	9.00am – 4.00pm	10.00am – 4.00pm	
	Yoga (Niki)	5.45 – 6.45pm			
	Zumba (Rebecca)	6.00 – 7.00pm			
	Pilates (Niki)	7.00 – 8.00pm	SHOWERS AVAILABLE DURING FITNESS SUITE		
Friday	Fatburn	7.00 – 7.30am	OPENING HOURS ABOVE		
	Indoor Cycling	5.15 – 6.15pm			
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>			Prices	Standard	U18/O60
			Fitness Class	£6.80	£3.40
			Fitness Suite	£7.80	£3.90
			Shower	£3.15	£1.60
			Budget Members/Disability 50p for all activities		