



The Fingal Centre, Portree – Dryside/Class Programme

Monday 5th January – Thursday 2nd April 2026

In-Service Days- 16th/17th February (look out for alternate timetable)

Group Fitness Classes			Fitness Suite	
Monday	Circuits	7.00 – 7.30am		
	Aquafit	1.15 – 2.00pm	Mondays & Wednesdays	
	Step Fit (HIIT)	5.30 – 6.00pm	7.00am – 8.30am	
Tuesday	Pilates	5.30 – 6.30pm	4.00pm – 9.00pm	
Wednesday	Cycle Fit (HIIT)	5.30 – 6.00pm	Tuesdays & Thursdays	
	Aquafit	6.15 – 7.00pm	7.00am – 8.30am	
Thursday	Pilates	7.00 – 7.45am	5.00pm – 9.00pm	
	Aquafit	2.00 – 2.45pm	Fridays	
	Zumba	6.00 – 7.00pm	7.00am-8.30am	
Friday	Fat Burn Extreme	7.00 – 7.30am	3.00pm – 7.00pm	
	Indoor Cycling	5.30 – 6.15pm	Saturdays	Sunday
Sunday	Cycle Fit (HIIT)	10.15 – 10.45am	9.00am – 4.00pm	10.00am – 4.00pm
Programme Guidance Notes Classes must be booked online or by telephone. No need to book for the Fitness Suite. Private showers available during Fitness Suite opening times				
			Prices	Standard
			Fitness Class	£8.55
			Fitness Suite	£9.75
			Shower	£4.00
			Budget Members/Disability 50p for all activities	