



The Fingal Centre, Portree – Dryside/Class Programme  
**Monday 5<sup>th</sup> January – Thursday 2<sup>nd</sup> April 2026**  
**In-Service Days- 16<sup>th</sup>/17<sup>th</sup> February (look out for alternate timetable)**

Group Fitness Classes			Fitness Suite	
Monday	Circuits	7.00 – 7.30am	<b>Mondays &amp; Wednesdays</b>	
	Aquafit	1.15 – 2.00pm		
	Step Fit (HIIT)	5.30 – 6.00pm		
Tuesday	Pilates	5.30 – 6.30pm	7.00am – 8.30am 4.00pm – 9.00pm	
Wednesday	Cycle Fit (HIIT)	5.30 – 6.00pm	<b>Tuesdays &amp; Thursdays</b>	
	Aquafit	6.15 – 7.00pm		
Thursday	Pilates	7.00 – 7.45am	7.00am – 8.30am 5.00pm – 9.00pm	
	Aquafit	2.00 – 2.45pm	<b>Fridays</b>	
	Zumba	6.00 – 7.00pm		
Friday	Fat Burn Extreme	7.00 – 7.30am	7.00am-8.30am 3.00pm – 7.00pm	
	Indoor Cycling	5.30 – 6.15pm	<b>Saturdays</b>	<b>Sunday</b>
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.				
<b>Private showers available during Fitness Suite opening times</b>			<b>Prices</b> <b>Standard</b> <b>U18/O66</b>	
			Fitness Class	£8.55      £5.15
			Fitness Suite	£9.75      £5.80
			Shower	£4.00      £2.35
			Budget Members/Disability 50p for all activities	