

Jump Start January 2026

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
2nd	3rd	4th	5th	6th	7th	8th
9th	10th	11th	12th	13th	14th	15th
16th	17th	18th	19th	20th	21st	22nd
23rd	24th	25th	26th	27th	28th	29th



**Shetland
Islands
Council**



Shetland Recreational Trust



sportscotland
the national agency for sport