

Jump Start January 2024

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
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	30th



**Shetland
Islands
Council**



Shetland Recreational Trust



sportscotland
the national agency for sport