

Exercise Classes

❖ Indoor Cycle Classes Spinning Studio	Monday	6.00pm – 6.30pm
❖ Indoor Cycle Classes Spinning Studio	Tuesday	6.00pm – 6.30pm 6.45pm – 7.15pm
❖ Indoor Cycle Classes Spinning Studio	Wednesday	6.15pm – 6.45pm
❖ Indoor Cycle Classes Spinning Studio	Thursday	6.00pm – 6.30pm
❖ Indoor Cycle Classes Spinning Studio	Friday	7.00am – 7.30am 5.15pm – 5.45pm

**SPINNING ROOM AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)**

BOOKING FOR SPIN CYCLE CLASSES ESSENTIAL (NAMES TO RECEPTION)

❖ M.I.I.T CLASS (Mixed Intensity Interval Training)	Thursday	6.00pm – 6.30pm
❖ CIRCUIT CLASS	Tuesday	6.15pm – 7.00pm
❖ FUNKY AEROBICS	Wednesday	6.15pm – 7.15pm
❖ PARENT & CHILD (Swimming)	Tuesday	1.45 – 2.30pm



LOSSIEMOUTH SWIMMING POOL & FITNESS CENTRE

Pool – Fitness – Classes Timetable

Monday 4th February – Sunday 31st March 2019

We also have:

- Fitness-room with a range of training equipment
- Spin Cycle Studio
- Sports Halls
- Aqua Aerobics

Telephone 01343 815299
E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Expires 31.03.19

Swimming Pool Timetable – Monday 4th February – Sunday 31st March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12.30 – 1.30 Adults Only	10.00 – 11.00 Parent & Child	12.00 – 1.30 Adults Only	12.00 – 1.00 Private Hire	10.00 – 11.00 Aqua Aerobics	12.00 – 2.00 Public Swimming 12.30 – 1.30 Fun Session	10.00 – 11.00 Adults Only
1.30 – 2.45 Public Swimming	11.00 – 12.00 Public Swimming 12.00 – 1.30 Adults Only	1.30 – 3.30 Public Swimming	1.00 – 2.00 Adults Only	11.00 – 12.00 Adults Only 12.00 – 1.00 School Swimming		11.00 – 1.00 Public Swimming 11.30 – 12.30 Fun Session
		7.00 – 8.00 Fun Session	2.00 – 3.00 Public Swimming	1.15 – 3.30 Public Swimming		
7.00 – 8.00 Public Swimming / Private Hire Shared Use	1.30 – 3.30 Public Session	8.00 – 9.00 Adults Only	7.00 – 8.00 Public Swimming with Fun Session	6.30 – 8.00 Public Swimming 6.30 – 7.30 Fun Session		
	7.00 – 8.00 Aqua Aerobics					
8.00 – 9.00 Adults Only	8.00 – 9.00 Private Hire	8.00 – 8.30 Adult Lessons (Booking Essential)	8.00 – 9.00 Adults Only	8.00 – 9.00 Adults / Teenagers only		

Adults/Teenagers Only Sessions – Teenager (aged 13 – 15 are welcome to attend these sessions to swim for health and fitness and wellbeing.
Adult cost applies or entry via Fit Life membership.

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Room Timetable – Monday 4th February – Sunday – 31st March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 – 11.00 Public Session	9.00 – 1.15 School Use	9.00 – 1.15 School Use	9.00 – 9.00 Public Session	9.00 – 1.15 School Use	9.00 – 2.00 Public Session	10.00 – 1.00 Public Session
11.00 – 1.15 School Use	1.15 – 9.00 Public Session	1.15 – 9.00 Public Session		1.15 – 9.00 Public Session		
1.15 – 9.00 Public Use		6.00 – 7.00 Gym Inductions 1 st Wed of Month Booking Essential				

See overleaf for Fitness Classes Timetable

Expires 31.03.19

See overleaf for Fitness Classes Timetable

Expires 31.03.19