

Exercise Classes

Aquacise or Powerjog Monday 6.30pm – 7.00pm
Swimming Pool

Circuit Class Wednesday 6.00pm – 6.30pm
Games Hall



SPEYSIDE SPORTS and COMMUNITY CENTRE

Pool – Fitness – Classes Timetable

Climbing Wall Timetable

TUESDAY	THURSDAY	SATURDAY
7.15pm – 9.45pm Public Session	7.15pm – 9.45pm Public Session	10.00am – 11.00am Instructor led session 11.00am – 12.00 Instructor led session 12.00 – 3.45pm Public Session

Monday 15th April – Saturday 29th June 2019

We also have:

- Fitness Suite
- Games Hall
- Climbing Wall
- Performance Area

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Swimming Pool Timetable – Monday 15th April – Saturday 29th June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.30 – 3.30 Public Swimming	11.00 – 12.00 Public Swimming	3.00 – 4.00 Public Swimming	1.15 – 4.00 Public Swimming	1.15 – 4.00 Public Swimming	9.00 – 10.00 Adult Early Dip
5.00 – 6.30 Public Swimming	1.30 – 6.00 Public Swimming	5.00 – 6.00 Staff Training	5.00 – 6.00 Lane Swimming Shared with stroke development	5.00 – 6.00 Public Swimming	12.00 – 1.00 Family Swim Time
6.30 – 7.00 Aquacise / Powerjog	6.00 – 7.00 FunSession	6.00 – 7.00 Fun Session	6.00 – 8.00 Speyside Swimming Club	6.00 – 7.00 Fun Session	1.00– 2.00 Fun Session
7.00 – 8.00 Public Swimming	7.00 – 8.00 Public Swimming	7.00 – 8.00 Public Swimming	8.00 – 9.00 Adults / Teenager	7.00 – 8.00 Public Swimming	2.00 – 4.00 Public Swimming
8.00 – 9.00 Adults / Teenagers	8.00 – 9.00 Adults / Teenagers	8.00 – 9.00 Adults / Teenagers		8.00 – 9.00 Adult / Teenagers	

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

Fitness Suite Timetable – Monday 15th April – Saturday 29th June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3.30pm – 9.00pm Open Session	3.30pm – 9.00pm Open Session	3.30pm – 9.00pm Open Session 6.00pm Circuits 7.30pm Gym Inductions	1.00pm – 9.00pm Open Session	1.00pm – 9.00pm Open Session	9.00am – 4.00pm Open Session