



Sports & Leisure Services

Forres House Community Centre

Activities Timetable

AUGUST – OCTOBER 2019

Day	Start	Finish	Class	Contact
Mon – Fri	9.00am	- 10.00pm	Public Badminton, Football & Basketball	Please contact reception for availability 01309 672838
Monday	9.30am	- 10.15am	Indoor Cycling - Beginners	Reception or call 01309 672838 to book
	10.30am	- 11.15am	Indoor Cycling - Beginners	Reception or call 01309 672838 to book
	12.30pm	- 2.30pm	Baby Bop Back (26 th Aug)	Emma Bell 07973 491963
	1.00pm	- 1.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	4.30pm	- 5.30pm	Fusion Tang Soo Do	Tracy McBay 07814 962178
	6.00pm	- 6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	6.00pm	- 6.45pm	P90X	Jill Morgan 07783 409109
	7.00pm	- 8.30pm	Iyengar Yoga	Teresa Berg 07793 718500
	7.00pm	- 8.30pm	Chan Quan Shu Tai Chi/Kung Fu	Archie 07799 064964
	7.00pm	- 9.00pm	5-a-side Football	Robert Mackinnon 07867 492560
Tuesday	9.15am	- 10.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.30am	- 10.30am	Pilates (Back 3 rd Sep)	Fran Britain 07714 596653
	9.30am	- 11.30am	Baby Bop (Back 27 th Aug)	Emma Bell 07973 491963
	10.00am	- 11.00am	Flexercise	Jenny Bichan 07768 274683
	10.15am	- 11.00am	Indoor Cycling Class – Beginners	Reception or call 01309 672838 to book
	2.00pm	- 3.00pm	Flexercise – Senior Citizens (Back 3 rd Sep)	Pam Watson 01309 672971
	2.00pm	- 4.00pm	Mixed Media Art	Register with Group
	6.00pm	- 6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	6.15pm	- 7.00pm	Kettlebell Combat	Jill Morgan 07783 409109
	7.15pm	- 8.00pm	PIYO	Jill Morgan 07783 409109
	6.30pm	- 9.00pm	Moray Trampoline Club	moraytrampolineclub@hotmail.com
	7.00pm	- 7.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	7.00pm	- 10.00pm	Adult Badminton	Reception or call 01309 672838 to book
	7.00pm	- 8.00pm	Pilates (Back 3 rd Sep)	Fran Britain 07714 596653
Wednesday	9.00am	- 11.30am	Little Fish	Anne Graham 01309 672231
	9.30am	- 10.15am	Kettlebell Combat	Jill Morgan 07783409109
	10.00am	- 12noon	Self Help Art/Embroidery Group	Register with Group
	2.30pm	- 3.30pm	Margaret Morris Movement	Contact Jane 01309 696338
	6.15pm	- 7.00pm	PIYO	Jill Morgan 07783409109
	7.15pm	- 8.00pm	Pound Fit	Jill Morgan 07783409109

	7.00pm	-	10.00pm	Forres Archers	Mike Alexander 01343 552877
	7.00pm	-	9.30pm	Bridge Club (Back 4 th Sep)	Julie Wrightson 01309 673185
	7.00pm	-	8.30pm	Iyengar Yoga	Teresa Berg 07793 718500
Thursday	9.00am	-	10.00am	Pilates	Teresa Cox 07799770454
	9.15am	-	10.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.30am	-	11.00am	B.A.L.L Group	Ann Hay/Carmen Gillies 01343 563510
	10.15am	-	11.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	11.00am	-	12noon	Baby Café	Everyone welcome – free of charge
	1.00pm	-	1.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	3.30pm	-	7.15pm	Moray Dance	Rosalyn Wie 07917 533516
	3.30pm	-	5.30pm	Active Start Mixed Sports	Business Support Unit 01343 563374
	3.30pm	-	6.45pm	Active Start Gymnastics	Business Support Unit 01343 563374
	6.00pm	-	6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	7.00pm	-	7.45pm	Indoor Cycling class	Reception or Call 01309 672838 to book
	7.00pm	-	10.00pm	Adult Badminton	Current Entry Fee/Fit Life Card
	8.00pm	-	10.00pm	Kinloss Badminton Club	Register with Group
Friday	10.00am	-	11.30am	Iyengar Yoga	Teresa Berg 07793 718500
	9.30am	-	10.30am	Body Blitz	Current Entry Fee/Fit Life Card
	9.30am	-	11.30am	Hotshots Badminton Group	Current Entry Fee/Fit Life Card
	2.30pm	-	3.30pm	Over 50's Walking Football	Reception or call 01343 563374
	4.30pm	-	6.30pm	Fusion Tang Soo Do	Tracy McBay 07814 962178
Saturday	9.00am	-	9.45am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.00am	-	1.00pm	Active Start Mixed Sports	Business Support Unit 01343 563374
	9.30am	-	10.45am	Zen Yoga - General	Pia Wallace 07934 289102
	9.00am	-	12.00noon	Moray Trampoline Club	moraytrampolineclub@hotmail.com
	12.00noon	-	1.30pm	Active Schools Trampoline	Active Schools 01309 672838
	11.15am	-	12noon	Teen Yoga (consent needed if under 16)	Pia Wallace 07934 289102
	1.00pm	-	3.00pm	Public Badminton, Football & Basketball	Current Entry Fee/Fit Life Card

Please note that class times and sessions vary due to School and Public Holidays. For further information or to book please contact reception on 01309 672838 or email: forres.house@moray.gov.uk
Classes in **Bold** are included in the Fit Life membership