

Exercise Classes

Aquacise or Powerjog	Monday	6.30pm – 7.00pm
Swimming Pool		
Circuit Class	Wednesday	6.00pm – 6.30pm
Games Hall		
Tai Chi Qigong	Thursday	7.00pm – 8.00pm
Performance Area		
Spinning	Thursday	7.30pm and 8.15pm
Games Hall		

SPEYSIDE COMMUNITY CENTRE PROGRAMME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30pm Yoga	4.00pm Climbing Club	6.00pm Aberlour Jnr Football	6.45pm Climbing Wall Public Session	7.30pm Badminton Club	9.30am Climbing Wall Public Session
7.30pm Scottish Country Dancing	6.30pm Speyside Drama Club	6.00pm Circuit Class	7.00pm Tai Chi Oigong		
	6.45pm Climbing Wall Public Session	6.30pm Taekwondo	7.30pm Spinning		
	6.30pm Speyside Drama Club	7.30pm Fitness Suite Inductions	8.15pm Spinning		



SPEYSIDE SPORTS and COMMUNITY CENTRE

Pool – Fitness – Classes Timetable

Saturday 4th January - 25th January 2020

We also have:

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

Telephone : 01340 871641

E-mail - sportandleisure@moray.gov.uk www.moray.gov.uk

Swimming Pool Timetable Saturday 4th January - Saturday 25th January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15 – 10.15 Public Swimming	3.00 -6.00 Public Swimming	2.00 – 4.00 Public Swimming	1.15 -2.30 Public Swimming	1.15 – 4.00 Public Swimming	9.00 – 10.00 Adult Early Dip
1.00 – 2.30 Public Swimming	6.00 – 7.00 Fun Session	5.00 – 6.00 Staff Training	5.00 – 6.00 Public Swimming	5.00 – 6.00 Public Swimming	12.00 – 1.00 Family Swim Time
5.00 – 6.30 Public Swimming	7.00 – 8.00 Public Swimming	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
6.30 – 7.00 Aquacise	8.00 – 9.00 Adults / Teenagers	7.00 – 8.00 Public Swimming	8.00 – 9.00 Adults / Teenagers	7.00 – 8.00 Public Swimming	2.00 – 4.00 Public Swimming
7.00 – 8.00 Public Swimming		8.00 – 9.00 Adults / Teenagers		8.00 – 9.00 Adults / Teenagers	
8.00 – 9.00 Adults / Teenagers					

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

Fitness Suite Timetable – Saturday 4th January - Saturday 25th January 2020

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

Music Playing – Please note that suitable and appropriate music is played at all of the Public Swimming Sessions.

Expires – 25/1/20