

## Exercise Classes

Aquacise or Powerjog	Monday	6.30pm – 7.00pm
Swimming Pool		
Adult Swim Lesson Drop in Session	Tuesday	2.00pm – 3.00pm
Circuit Class	Wednesday	6.00pm – 6.30pm
Games Hall		
Tai Chi Qigong	Thursday	7.00pm – 8.00pm
Performance Area		
Indoor 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 – 9.45pm Climbing Wall Public Session	7.30pm Badminton Club	12.00 – 3.45 Climbing Wall Public Session
7.30pm Scottish Country Dancing	6.30pm Speyside Drama Club	6.00pm Circuit Class	7.00pm Tai Chi Oigong		10.00am and 11.00am Climbing Wall Instructor led session Booking essential
	5.00pm – 9.45pm Climbing Wall Public Session	6.30pm Taekwondo	7.30pm Spinning 8.15pm Spinning		
		7.30pm Fitness Suite Inductions			

## SPEYSIDE SPORTS and COMMUNITY CENTRE

### Pool – Fitness – Classes Timetable

Monday 27<sup>th</sup> January – Saturday 28<sup>th</sup> March 2020

### We also have:

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

Telephone: 01340 871641  
E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)

## Swimming Pool Timetable Monday 27<sup>th</sup> January – Saturday 28<sup>th</sup> March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9.15 – 10.30</b> Public Swimming	<b>1.00pm -6.00pm</b> Public Swimming <b>2.00pm – 3.00pm</b> Adult Lesson Drop in Session	<b>9.00 – 9.30</b> Adult Early Dip  <b>3.00 – 4.00</b> Public Swimming	<b>1.00 – 4.00</b> Public Swimming	<b>1.15 – 4.00</b> Public Swimming	<b>9.00 – 10.00</b> Adult Early Dip
<b>12.00 – 1.00 &amp; 2.00 – 3.00</b> Public Swimming <b>1.00 – 2.00</b> Little Fins Swim School	<b>6.00 – 7.00</b> Fun Session	<b>5.00 – 6.00</b> Staff Training	<b>5.00 – 6.00</b> Public Swimming	<b>5.00 – 6.00</b> Public Swimming	<b>12.00 – 1.00</b> Family Swim Time
<b>5.00 – 6.30</b> Public Swimming	<b>7.00 – 8.00</b> Public Swimming	<b>6.00 – 7.00</b> Fun Session	<b>6.00 – 8.00</b> Speyside Swimming Club	<b>6.00 – 7.00</b> Fun Session	<b>1.00 – 2.00</b> Fun Session
<b>6.30 – 7.00</b> Aquacise	<b>8.00 – 9.00</b> Adults / Teenagers	<b>7.00 – 8.00</b> Public Swimming	<b>8.00 – 9.00</b> Adults / Teenagers	<b>7.00 – 8.00</b> Public Swimming	<b>2.00 – 4.00</b> Public Swimming
<b>7.00 – 8.00</b> Public Swimming		<b>8.00 – 9.00</b> Adults / Teenagers		<b>8.00 – 9.00</b> Adults / Teenagers	
<b>8.00 – 9.00</b> Adults / Teenagers					

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

**Fitness Suite Timetable – Monday 27<sup>th</sup> January – Saturday 28<sup>th</sup> March 2020**

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

