

Exercise Classes

❖ Indoor Cycling Classes	Monday	10am- 10.30am 7pm-7.45pm
❖ Indoor Cycling Classes	Tuesday	7pm – 7.45pm
❖ Indoor Cycling Classes	Wednesday	6.00pm – 6.45pm 7.00pm – 7.45pm
❖ Indoor Cycling Classes	Thursday	10am – 10.30am 7.00pm – 7.45pm
❖ Indoor Cycling Classes	Friday	7.00pm – 7.45pm
❖ Indoor Cycling classes	Sunday	9.15am – 10.00am 10.00am-10.45am

INDOOR CYCLE STUDIO AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES

BOOKING FOR INDOOR CYCLE CLASSES ESSENTIAL -NAMES TO RECEPTION
OR BOOK ON LINE

❖ Aqua Aerobics	Tuesday	7.00pm – 7.45pm
	Wednesday	10.15am- 11.00am
❖ Total Body Blitz	Tuesday	5.45pm – 6.30pm
❖ Parent and Child	Wednesday	2.00pm – 2.30pm
❖ Inductions	Thursday	7.45pm –9.00pm
Adult Swim Lessons	Saturday	8.15am – 9.00am



Buckie Swimming Pool & Fitness Centre

Pool – Fitness – Classes Timetable

Monday 17th February – Sunday 29th March 2020

We also have:

- Fitness Room with a range of training equipment
- Indoor Cycle Studio
- Sauna & Steam Room
- Sports Halls
- Aqua Aerobics

Telephone 01542 832841

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable – Monday 17th February – Sunday 29th March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 – 10.00 Public Swimming (swim Lane)		10.15-11.00 Aqua Aerobics Deep/Shallow	8.45 – 10.00 Public Swimming (swim Lane)	8.40 – 9.40 Public Swimming (swim Lane)	8.15 – 9.15 Public Swimming (swim Lane) 8.15 – 9.00 Adult Lessons	8.30 – 9.30 Adult/Teenager Only Shared with Club 9.30 -10.30 Swimming Club Private Hire
12noon – 2.00 Public Swimming (lane 12 – 1.30) 2.30-3.30 Public Swimming	12.15 – 3.30 Public Swimming (lane 12.15 – 1.30)	12noon – 1.30 Public Swimming (lane 12 – 1.30) 2.00 – 3.30 Public Swimming Shared with Parent and Child Class (shallow end 2-2.30)	12noon – 3.30 Public Swimming (lane 12 – 1.30)	12.00 – 3.30 Public Swimming (lane 12 – 1.30)	11.00 – 12.45 Public Swimming With Fun Session 11.00 – 12.00	10.30 – 2.00 Public Swimming with Adult Lane 10.30 – 11.30 Also 12noon – 1.30 Family Fun Session 1.30 – 2.00 Public Swim
6.00 – 7.45 Public Swimming (6-6.30 shared With swim club)	5.00 – 7.00 Public Swimming (Shared with Club 5-6) 7.00-7.45 Deep/shallow Aerobics Adults/Teenagers	5.00 – 7.45 Public Swimming	5.00 – 8.30 Swimming Club Private Hire	5.00 – 6.00 Public Swimming (Shared with Club) 6.00 – 7.45 Public Swimming With 6.00 – 7.00 Fun Session	(Private) Birthday Parties 1.00 - 2.00 Swimming Pool available for hire for Pool Parties	
7.45 – 8.45 Adults / Teenagers (Swim lane)	7.45 – 8.45 Adults / Teenagers (swim lane)	7.45 – 8.45 Adults / Teenagers (Swim Lane)		7.45 – 8.45 Adults / Teenagers (Swim Lane)	Pool Party £110.00 Aqua Run £120.00	

Health Suite – (Sauna and Steam Room) Available most public sessions

Adults/Teenagers Only Sessions – Teenager aged 13–15 are welcome to attend these sessions to swim for health, fitness and wellbeing.

Adult cost applies or entry via Fit Life Membership.

Fitness Room Timetable – Monday 17th February – Sunday 29th March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 - 9.00 Open Session	9.00 – 9.00 Open Session	7.30 - 9.00 Open Session	9.00 – 8.00 Open Session 7.45 -9.00 Gym Induction	9.00 - 9.00 Open Session	8.30 – 2.00 Open Session	8.30 – 2.00 Open Session

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

Expires – 29.03.20