

**Sports & Leisure Services**

**Keith Sports & Community Centre**

**Fitness Room/Functional Room & Indoor Cycling Timetable**

**Fitness Room/Functional Room**

**Monday / Wednesday / Friday**

8.00am – 8.55pm

13 x 55 minute sessions per day

Must be booked in advance of attending

**Tuesday / Thursday**

9.00am – 8.55pm

12 x 55 minute sessions per day

Must be booked in advance of attending

**Saturday and Sunday**

8.30am – 1.25pm

5 x 55 minute sessions per day

Must be booked in advance of attending

2 x spin cycles available for self-use at above times also in Small Functional Room

**Indoor Cycling Timetable**

|  |  |
| --- | --- |
| Monday  | 10.00am - 10.40am |
|  |  |
| Tuesday | 6.00pm – 6.40pm |
|  | 7.00pm – 7.40pm |
|  |  |
| Wednesday | 6.00pm – 6.40pm |
|  |  |
| Thursday | 6.30pm – 7.10pm |
|  |  |
| Friday | 7.00pm – 7.40pm |
|  |  |
| Saturday  | 9.30am – 10.10am |

Bookings can be made:

Fit-Life Members:

* On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)
* By telephone to Reception 01542 882222
* In person at Reception

Pay-as-you-go customers:

* On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)
* In person at Reception in advance of booking – payment to be made at time of booking