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**Sports & Leisure Services**

**Lossiemouth Sports & Community Centre**

**Fitness Room Timetable**

**Monday**

1.30pm - 8.25pm

7 x 55 minute sessions per day

**Tuesday**

6.45am – 7.40am

11.30am - 8.25pm

9 x 55 minutes per day

**Wednesday**

2.30pm – 8.25pm

6 x 55 minute sessions per day

**Thursday**

6.45am – 7.40am/10.30am – 8.25pm

12 x 55 minute sessions per day

**Friday**

1.30pm – 8.25pm

6 x 55 minutes per day

**Saturday**

9.30am – 13.25pm

4 x 55 minute sessions per day

**Sunday**

10.00am – 13.55pm

4 x 55 minute sessions per day

All sessions must be booked in advance of attending

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 01343 815299
* 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