



## **Milnes Fitness Suite Timetable** **(with effect from 30<sup>th</sup> June – 18<sup>th</sup> August 2025)**

<b>Monday</b>	<b>3.45pm - 9.00pm Open Session</b> <b>6.00pm - 6.45pm Indoor cycling</b>
<b>Tuesday</b>	<b>3.45pm - 9.00pm Open Session</b> <b>5.30pm - 6.00pm Circuits</b> <b>6.15pm - 7.00pm Pilates</b>
<b>Wednesday</b>	<b>3.45pm - 9.00pm Open Session</b> <b>6.00pm - 6.45pm Indoor Cycling</b>
<b>Thursday</b>	<b>3.45pm - 9.00pm Open Session</b>
<b>Friday</b>	<b>5.00pm - 9.00pm Open Session</b> <b>5.00pm - 5.30pm Kettle Bells</b>
<b>Saturday</b>	<b>10.00am - 1.00pm Open session</b>

**All classes and sessions are free with a FitLife card.**

**Note 1:** “Open Sessions” - Users must have completed an induction or self-induction.

**Note 2:** This timetable may be subject to change at short notice.

**Please see over for additional information**



# Exercise Classes

**Indoor Cycling Class** - Using a stationary bike, indoor cycling classes can increase energy, cardio-vascular fitness and lower body strength, as well as burning between 400-500 kcal in 45 minutes. Booking is essential as spaces are limited to 5 per class.

**Please Note:** Teenagers aged 13 – 15 are welcome to attend these classes for health, fitness and wellbeing. Adult cost applies or entry with Fit-Life membership.

\*\*\*\*\*

**Inductions:** Please contact the facility to arrange an induction or self-induction for use of the Fitness Suite. User induction courses are free for FitLife members.

**Bookings** for classes and use of the fitness suite can be made:

- On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)
- By telephone to Reception 01343 821434
- In person at Reception

\*\*\*\*\*

Details and further information on any of the facilities and activities from:

**Steven Hamilton**

Sport & Leisure Supervisor

Telephone: 07583 093951

E-Mail: [steven.hamilton@moray.gov.uk](mailto:steven.hamilton@moray.gov.uk)